

## Turkey Club Burger

(Yields 4 servings)

### Ingredients

#### *For turkey burger:*

- 12 ounces 99 percent fat-free ground turkey
- ½ cup scallions (green onions), rinsed and sliced
- ¼ teaspoon ground black pepper
- 1 large egg
- 1 tablespoon olive oil

#### *For spread:*

- 2 tablespoons light mayonnaise
- 1 tablespoon Dijon mustard

#### *For toppings:*

- 4 ounce spinach or arugula, rinsed and dried
- 4 ounce portabella mushroom, rinsed, grilled or boiled, and sliced (optional)
- 4 whole-wheat hamburger buns



### Directions

1. Preheat grill or oven broiler on high temperature (with the rack 3 inches from heat source).
2. To prepare burgers, combine ground turkey, scallions, pepper, and egg, and mix well. Form into 1/2- to 3/4-inch thick patties, and coat each lightly with olive oil.
3. Broil or grill burgers for about 7-9 minutes on each side (to a minimum internal temperature of 160° F).
4. Combine mayonnaise and mustard to make a spread.
5. Assemble 3/4 tablespoon spread, 1 ounce spinach or arugula, several slices of grilled portabella mushroom (optional), and one burger on each bun.

**Hint:** To grill portabella mushrooms, scrape off the gills from underneath the mushroom caps. Lightly coat with olive oil, and grill or broil for 2–3 minutes on each side or until tender. Slice and set aside until burgers are ready.

### Nutritional Analysis: (per serving)

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|----------------------|-----------------------|
| ▪ Calories: 299      | ▪ Carbohydrates: 26 g |
| ▪ Total Fat: 11 g    | ▪ Total Fiber: 5 g    |
| ▪ Saturated Fat: 2 g | ▪ Protein: 29 g       |
| ▪ Cholesterol: 89 mg | ▪ Potassium: 424 mg   |
| ▪ Sodium: 393 mg     |                       |

### Source:

Healthy Eating Recipes, by the [National Heart, Lung, and Blood Institute](http://www.nhlbi.nih.gov/heart/healthy-eating-recipes).