

Stuffed Turkey Burgers with Apples, Onions and Peppers

(Makes 4 per serving)

Looking for a quick, warm-weather recipe? Try our stuffed burgers, which can either be cooked on a skillet or on the grill. If you're making these burgers for children, you may want to serve the apples and peppers raw, on the side. Some children prefer their fruit and veggies that way.

Ingredients:

- $\frac{3}{4}$ pound ground white meat turkey
- $\frac{1}{8}$ teaspoon kosher salt, optional
- Freshly ground pepper
- Canola cooking spray
- $\frac{1}{2}$ ounce low-fat Cheddar cheese, very thinly sliced
- 2 large cooking apples, such as Braeburn, Granny Smith or Macintosh, cored and cut into thin slices
- $\frac{1}{4}$ cup thinly sliced red onion
- 1 medium red bell pepper, seeded and cut into julienne strips
- 4 whole wheat sandwich rolls, split and toasted
- Mustard, optional
- Low-sodium ketchup, optional

Directions:

- 1) Shape the ground turkey into 4 round uniform patties. Season with salt, if using, and pepper.
- 2) Lightly coat 2 large nonstick skillets with cooking spray. Cook the patties over medium-high heat in one skillet for 4 minutes. Flip the burgers and top with cheese. Continue to cook another 4 minutes, or until the burgers are done or register 170° on an instant meat thermometer. Meanwhile, cook the apples, onion and pepper in the other skillet approximately 10 minutes, until soft.
- 3) To serve, place a turkey burger on each roll and top with apples and vegetables. Pass the mustard and ketchup, if using.

Dietitian's Note:

Don't forget to purchase ground white meat turkey. Not all ground turkey is lean, so be choosy.

Nutritional Analysis: (per serving)

- Calories: 250 (12.5% calories from fat)
- Total Fat: 3.5 g
- Saturated Fat: 0.5 g
- Carbohydrates: 34 g
- Fiber: 5 g
- Protein: 26 g
- Cholesterol: 35 mg
- Sodium: 227 mg
- Potassium: 278 mg