

Western Turkey Cakes

(Makes 3 servings – Serving Size: 1 each)

Ingredients:

- 3 egg whites, 1 yoke
- ¼ pound ground turkey – 99% lean
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- 1 tablespoon green pepper – small dice (optional)
- 1 tablespoon onion – small dice (optional)
- 1 teaspoon extra virgin olive oil



Allergen Warning: *This recipe contains ingredients that may cause allergic reactions in some individuals. Please change this recipe as needed if you have allergies to certain foods.*

Directions:

1. In small bowl, whisk eggs until frothy add ground turkey continues to whisk until eggs and turkey are combined and well blended. Season with salt and pepper add green pepper and onion, whisking until thoroughly mixed.
2. Heat a 10" non-stick skillet, add extra virgin olive oil. When pan is hot, add quarter cup amounts of mixture. Sauté until golden brown on each side.

Chef Note:

- This recipe uses only four ingredients beside oil and seasonings. I super easy to make and is great for breakfast, brunch, lunch, or dinner. It can be eaten plain, in a sandwich, or a wrap. Using 99% lean ground turkey for less saturated fat.
- Remember that recipes are never set in stone. As long as you stay within your recommended health guidelines, feel free to alter the ingredients to your taste, budget and pantry!

Nutritional Analysis: *(per serving)*

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| ▪ Calories: 80 | ▪ Total Fiber: 0g |
| ▪ Saturated Fat: .5g | ▪ Protein: 13g |
| ▪ Sugars 0g | ▪ Carbohydrate: 1g |
| ▪ Sodium: 250 mg | ▪ Cholesterol: 85 mg |

Source:

Cleveland Clinic Wellness Institute