



## Light Turkey Burgers

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*Submitted by PEHP Member Martha H*

*Recipe Source: [www.hungry-girl.com](http://www.hungry-girl.com)*

### **Ingredients:**

One 100- calorie flat sandwich bun

¼ cup shredded lettuce

2 TBSP fresh salsa or pico de gallo

2 tsp fat free or light mayo

1 tsp bbq sauce with 45 calories or less per 2 TBSP serving

½ tsp. chipotle pepper sauce

4 oz raw lean ground turkey

Garlic powder, onion powder, salt, and black pepper

1 cup broccoli florets

2 TBSP shredded reduced-fat Monterey Jack cheese (or a blend with Monterey Jack cheese)

½ oz sliced avocado (about 1/8<sup>th</sup> of an avocado)

### **Steps:**

- Split bun into halves and top the bottom half with lettuce and salsa or pico de gallo.
- In a small bowl, combine mayo, BBQ sauce and hot sauce. Mix well.
- In a medium bowl, thoroughly mix turkey with seasonings. Evenly form into a patty about 4 inches wide.
- Bring a grill pan (skillet) sprayed with nonstick spray to medium-high heat. Cook patty for 5 minutes.
- Meanwhile, place broccoli and 1 TBSP water in a medium microwave-safe bowl. Cover and microwave for 1 ½ minutes, or until softened.
- Flip patty and cook for another 3 minutes. Top patty with cheese and continue to cook until cheese has melted and patty has cooked through, 1-2 minutes.
- Transfer cheese-topped patty to the bottom half of the bun. Top with sauce mixture, avocado, and the top of the bun. Drain excess water from broccoli and serve alongside the burger.