



Super Savory Turkey Burger

INGREDIENTS

1 lb 99% fat free ground turkey	5 baby bella mushrooms; finely diced
3 TBS red bell pepper; finely diced	3 TBS onions; finely diced
4 grape tomatoes; finely diced	2 TBS parsley; finely chopped
1 TBS tomato paste	1 teaspoon garlic powder
Salt and pepper to taste	2 TBS olive oil
2 TBS balsamic vinegar	1-2 TBS Worchester sauce
*optional - additional sauteed onions	

DIRECTIONS

Sautee diced veggies, parsley, tomato paste, garlic, salt and pepper with the olive oil, on medium-high heat until soft. Flash with balsamic vinegar. Let simmer for 2 minutes on low heat. In a large bowl, combine this mixture with the ground turkey meat until all ingredients are evenly distributed. Divide into 4 patties. Brush Worchester sauce liberally onto each pattie. Place patties on baking sheet. Broil until tops begin to turn brown, approximately 2 minutes. Then turn oven down to 350 and bake until patties are cooked thoroughly. Top with sauteed onions if desired. Makes 4 patties; 200 calories each.