



## Turkey Cheeseburger

Prep Time: 20 min

Cook Time: 40 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

545 calories

16.6 g fat

1,020 mg sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 1.5 lbs. ground turkey
- 1/4 cup plain non-fat Greek yogurt
- 2 TB finely diced onion
- 1 TB Worcestershire sauce
- 2 garlic cloves, minced
- Burger Spice Blend (1 cup panko bread-crumbs, 1 tsp dried parsley, 1/2 tsp poultry season)
- Salt & pepper, to taste\*\*
- 1 TB olive oil\*\*
- 4 slices cheddar cheese
- 1 large tomato, sliced
- Red onion, sliced
- Lettuce leaves
- 4 English muffins

### DIRECTIONS:

1. In a large bowl, combine **ground turkey, 1/4 cup plain Greek yogurt, 2 TB finely diced onion, 1 TB Worcestershire, 2 garlic cloves minced, Burger Spice Blend,** and **salt & pepper** to taste. Mix until just combined. Divide mixture into 4 balls and then form into patties about 3/4 inches thick. Cover and place in fridge for 15 minutes to firm up or can be made earlier and kept in fridge until ready to cook.
2. Heat grill or skillet to medium-high heat and coat with **1 TB olive oil**. Cook for 8 minutes, flip and cook 5-8 minutes longer or until internal temperature reaches 165 degrees. Remove from heat, top burgers with **cheddar cheese** and cover by tenting with foil so it does not touch the cheese.
3. Toast **English muffins** in a toaster or 425 degree oven for 5 minutes.
4. Serve **burgers** on toasted **English muffins**, with **sliced tomato, sliced red onion** and **lettuce**.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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