**Turkey Burgers**
Makes 4 burgers

**Ingredients:**
1 pound of 92% lean ground turkey  
1 medium cucumber (chopped)  
1 cup spinach  
1 egg  
1 TBSP olive oil  
½ cup nutritional yeast  
Salt, pepper, garlic powder to taste

**Directions:**
1. Preheat oven to 375 degrees F.  
2. In a large bowl, combine all ingredients. Divide and form into 4-ounce patties.  
3. Place patties on greased baking sheet and bake for 20-30 minutes or until cooked through.

**Nutrition Tips:**
1. High in protein, lower in saturated fat and cholesterol, ground turkey can serve as a more heart-healthy meat than beef. Consider substituting ground turkey for ground beef in burgers (as seen above), tacos, pasta sauce, meatloaf, and other recipes which call for ground meat.  
2. To prevent food poisoning from bacteria such as Salmonella, cook burgers to a temperature of 165 degrees F. Refrigerate uncooked ground turkey at 40 degrees F or colder and store for no more than four days.

**Source:**
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