



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



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:

Izzy Shishko is the Health and Wellness Coordinator for Home Base. She provides clinical administrative support to Veterans and their families, specifically in the health and wellness realm. Originally from Boston, Izzy brings her passion for all things nutrition and fitness to facilitate programs related to health and wellness (i.e. The Fitness Center, Nutrition, Warrior Health and Fitness, Yoga, Tai Chi, Art Therapy, etc.).