

# LOW-FAT TURKEY BURGERS

## INGREDIENTS

1 cup/ 240 ml high-protein cereal flakes  
½ cup/ 120 ml skim milk  
3 tsp/ 15 ml instant low-sodium chicken bouillon  
3 Tbsp/ 45 ml minced onion  
2 egg whites  
1 lb/ 454 g lean ground turkey

## PEPARATION

1. Combine first five ingredients in a large bowl. Let the milk soak into the cereal flakes for 5 minutes. Add lean ground turkey. Mix well with clean bare hands. Shape into patties and grill.
2. Serve hot with lightly toasted Ezekiel buns or whole-grain buns. Avoid high-fat condiments such as mayonnaise. But definitely add mustard, low- sodium, low-sugar ketchup, lettuce and slices of fresh tomato. Enjoy!

*NUTRITIONAL VALUE PER SERVING 6 servings*

*Calories: 209/Calories from fat: 51/Protein: 29g/Carbs: 9g/ Dietary Fiber: 1g/Sugars: 1g/Fat: 5g/Sodium: 810mg*