

3-A-Day of Dairy (DMI-349)

CHEESE-STUFFED TURKEY BURGERS

Recipe created by 3-A-Day™ of Dairy

Makes 4 servings

Prep time: 12 minutes

Cook time: 10 minutes

Ingredients:

- 1 1/4 pounds lean ground turkey breast
- 2 tablespoons corn meal
- 1/4 cup egg substitute
- 1/4 teaspoon seasoned salt
- 1/2 teaspoon chili powder
- 4 slices Monterey Jack cheese (1 ounce each)
- 4 tablespoons lowfat plain yogurt
- 4 tablespoons salsa
- 4 thick slices red onion
- arugula or lettuce
- 4 hamburger buns, toasted

Mix turkey, corn meal, egg substitute, seasoned salt and chili powder in a medium bowl. Divide mixture evenly into 8 patties. Top four patties with a slice of cheese and cover with remaining 4 patties. Press edges together to seal in cheese.

Grill burgers over medium-hot coals about 5 minutes each side.

Mix yogurt and salsa together in a small bowl. Place a burger on each bun and top with onion, arugula and salsa mixture.

Yield: 1 burger, per serving

Nutritional Facts per serving for main dish recipe

Calories	430
Total Fat	13 g
Saturated Fat	6 g
Cholesterol	85 mg
Sodium	710 mg
Calcium	30% Daily Value
Protein	49 g
Carbohydrates	31 g
Dietary Fiber	2 g