



Turkey Burger Wrap

Prep: 10 minutes | Cook: 15 | Total: 30 minutes

Yield: 4 servings | Serving Size: 1 wrap

Ingredients

1 lb ground turkey
4 large collard green leaves, rinsed and stem removed
2 Tablespoons olive oil
1 egg
2 Tablespoons fresh parsley, minced
2 Tablespoons fresh chives, minced
2 garlic cloves, minced
4 teaspoons Dijon mustard

Directions

1. In a bowl add turkey, olive oil, egg, parsley, chives, garlic and mix together until well blended.
2. Form 4 patties, palm size, and place on plate.
3. Grill burgers on each side for 7 minutes or until fully cooked then remove from grill.
4. Take 1 collard leaf and add 1 teaspoon Dijon mustard. Place patty on mustard then fold and wrap with collard. Repeat with remaining burgers.

Recipe Notes

- Ground turkey considered to be a lean meat that can be easily found in any grocery store or butcher. It provides a great source of protein without adding unhealthy animal fats.
- Collard greens are a great hamburger bun alternative. The leaf is sturdy, low in calories and carbohydrates, and has vitamin A, vitamin C, vitamin K, and calcium, iron, vitamin B-6, and magnesium.

Nutrition Facts Per Serving: Calories: 254 | Total Fat: 17 g | Saturated Fat: 4 g
Sodium: 244 mg | Total Carbohydrate: 1 g | Dietary Fiber: 1 g | Protein: 22 g

Submitted by Meg Green MS, RD, CSP, LD
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Mixed Berries with Berry Cream

Prep: 5 minutes | Total: 10 minutes
Yield: 4 servings | Serving Size: 1/2 cup

Ingredients

1 1/4 cup frozen raspberries
1 cup coconut milk
1 teaspoon vanilla extract
1 cup fresh blueberries, rinsed
1 cup fresh blackberries, rinsed
Optional: fresh mint sprig

Directions

1. Add coconut milk, vanilla, and frozen raspberries to blender and mix until smooth.
2. Mix fresh berries together and put 1/2 cup in 4 bowls then top with blended cream. May add mint sprig to top.

Recipe Notes

- Berries are tasty, tiny, colorful, and can be eaten fresh, frozen, or dried.
- The benefits of berries are bountiful. They are powerful antioxidants which help to protect against cancer, heart disease, joint pain, and illnesses.
- The small fruits are great sources of Vitamins A, B, C along with fiber and iron.

Nutrition Facts Per Serving: Calories: 143 | Total Fat: 8 g | Saturated Fat: 7 g
Sodium: 10 mg | Total Carbohydrate: 16 g | Dietary Fiber: 6 g | Protein: 2 g

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