

Asian Turkey Burgers



Makes 4 servings

Active time: **15 minutes**

Total time: **25 minutes**

Course: **Dinner**

Turn burger night on its head by swapping to lower-fat ground turkey and whipping up a few Asian-inspired toppings. Keep an eye on your instant-read thermometer to cook these turkey burgers to the perfect temperature.

Ingredients

- 1 pound ground turkey breast
- 1 cup finely chopped fresh mushrooms
- ¼ cup chopped sweet onion
- ¼ cup reduced-fat mayonnaise
- 1 tablespoon hoisin sauce
- 4 whole-wheat bagel thins, toasted
- ½ cup shredded napa cabbage

Preparation

1. In a medium bowl, combine the turkey, mushrooms and onion. Form into four 1/2-inch-thick patties. In a small bowl, stir together the mayonnaise and hoisin sauce; set aside.
2. For a charcoal grill, place patties on the grill rack directly over medium coals. Grill, uncovered, for 10 to 13 minutes or until an instant-read thermometer inserted into side of each patty registers 165°F, turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place patties on grill rack over heat. Cover and grill as above.)
3. For each serving, spread a bagel thin with one-fourth of the mayonnaise mixture. Top with a turkey burger and one-fourth of the napa cabbage.

Nutrition

Per serving: 298 calories; 29 g carbohydrates; 7 g fat (1 g sat, g mono); 34 g protein; 60 mg cholesterol; 6 g dietary fiber; 124 mg potassium; 438 mg sodium. Nutrition bonus: 2 mg Niacin, 3 mg Vitamin C, 15 µg Folate, 53 mg Calcium, 2 mg Iron, 63 IU Vitamin A