

TURKEY BURGER SLIDERS

By Chef Andy Ruszczyk



INGREDIENTS:

Burgers:

- 6 whole wheat slider rolls
- 1 lb ground turkey 94/6
- 2 medium eggs
- 2 Tbsp. reduced sodium Worcestershire sauce
- 2/3 cup whole wheat bread crumbs
- 2 garlic cloves, minced
- 2 Tbsp. olive oil or cooking spray
- 1 head of lettuce
- 1 tomato
- 2 broccoli crowns

Dill Sauce:

- 1 cup fat-free plain Greek yogurt
- 1 clove garlic, minced
- 1 tsp. lemon juice
- 1 1/2 Tbsp. dill, dried

DIRECTIONS:

1. Pre-heat oven to 375 degrees F.
2. Combine ground turkey, bread crumbs, eggs and Worcestershire. Add a pinch of salt, pepper, and two minced garlic cloves. Form into 6 even sized burgers.
3. Place burgers on an oiled baking sheet and bake for 35 minutes. Fill a pot 3/4 full with water, place on the stove top on high.
4. Make dill sauce: place yogurt, 1 clove minced garlic, lemon juice and dill into small bowl, whisk to combine. Place in fridge until use.
5. Wash broccoli and cut florets off into equal pieces. When water is boiling, add broccoli, cook 3-4 minutes, and strain. Set aside.
6. Remove burgers from oven.
7. Wash lettuce and tomato, peel off lettuce leaves and slice tomato.
8. On your bun, add the burger, lettuce, tomato, and dill sauce. Serve with broccoli, enjoy!

MEAL KIT SHOPPING LIST



45 min

Yield: 6 servings



1 head
lettuce



2 x 8 oz. plain
greek yogurt



1 tomato



1 x 10 oz.
whole wheat
breadcrumbs



2 broccoli
crowns



1 head garlic



1 lb. ground
turkey



1 package
whole
wheat rolls



1 dozen
eggs



1 lemon



1 bottle
Worcestershire
Sauce

Seasonings and more:

- extra virgin olive oil
- dried dill

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healthyoptionsbuffalo.com


Cooking at Home

Grocery cost: \$24.90

Recipe cost: \$20.44

Cost per meal: \$3.40

*prices found at Wegmans as
of April 2024