

Cajun Turkey Burger

Makes: 8 servings



Total Time: 35 minutes

Ingredients:

- ♥ 2 lbs. lean ground turkey
- ♥ 2 tbsps. Worcestershire sauce
- ♥ 4 teaspoons creole seasoning (salt-free blend)
- ♥ 1 can (14 oz.) diced tomatoes, drained
- ♥ 1 teaspoon garlic, minced
- ♥ 8 toasted hamburger buns

PREPARATION

1. Spray cold grill rack with cooking spray. Preheat grill.
2. In a medium bowl, combine turkey, Worcestershire sauce and 2 teaspoons creole seasoning. Shape mixture into 8 patties. Grill burgers about 6 minutes on each side or until completely done.
3. In a small saucepan, combine the tomatoes, remaining creole seasoning and garlic. Cook over medium heat for 5 minutes or until most of the liquid has evaporated. Place burgers on buns and spoon on the tomato sauce.

Nutrition Facts			
Serving Size: 1 (4oz) burger with bun			
Servings: 1			
Amount Per Serving			
Calories	300	Calories from Fat	90
		% Daily Value*	
Total Fat	11g		16%
Saturated Fat	3g		14%
Trans Fat	0g		
Cholesterol	80mg		26%
Sodium	410mg		17%
Total Carbohydrate	24g		8%
Dietary Fiber	1g		5%
Sugars	4g		
Protein	27g		
Vitamin A	8%	•	Vitamin C 15%
Calcium	10%	•	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

