

Makes: 6 burgers (1 burger per serving)



### Ingredients:

- ♥ 2 tsp. D'Avolio Lemon Extra Virgin Olive Oil
- ♥ 1 1/3 cup Granny Smith apple, peeled and chopped
- ♥ 1 cup celery, chopped
- ♥ ¼ cup onion, chopped
- ♥ 1 lemon – 2 tsp. rind + 1 Tbsp. lemon juice
- ♥ 1 ½ lbs. lean ground turkey
- ♥ ½ tsp. salt (optional)
- ♥ 1 tsp. ground black pepper
- ♥ 1 large egg white
- ♥ 1 tsp. hot pepper sauce (optional)
- ♥ Cooking spray
- ♥ 6 whole wheat hamburger buns
- ♥ 1 ½ cups fresh baby spinach

### Mango Spread:

- ♥ ½ cup plain Greek yogurt, 2% reduced fat
- ♥ 1 cup chopped mango
- ♥ 1 Tbsp. honey
- ♥ 2 Tbsp. D'Avolio Mango Balsamic

### PREPARATION:

1. Heat a large, non-stick skillet over medium-high heat. Add oil, swirl to coat the pan.
2. Add the apples, celery, and onion; sauté for 5 minutes or until tender. Remove from heat and cool completely.
3. Grate and squeeze juice from lemon to measure 2 tsp. rind and 1 Tbsp. juice. Combine apple mixture, lemon rind, lemon juice, and ground turkey. Sprinkle with salt (optional) and pepper.
4. Add the egg white; mix gently until combined. Add hot pepper sauce, if desired. Shape into 6 (1/2 inch thick) patties. Cover and refrigerate for 2 hours until chilled.
5. Pre-heat grill to high heat. Place patties on a grill rack, cover rack in cooking spray. Grill for 5 minutes on each side or until done. Place buns, cut side down, on the grill rack and grill for 1 minute or until toasted. Top each bun with 1 burger, 1 ½ Tbsp. spread, and spinach.

Nutrition Facts	
Serving Size: 1 burger + 1 1/2 Tbsp. spread	
Servings: 6	
Amount Per Serving	
Calories 220	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1.5g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 460mg	19%
<b>Total Carbohydrate</b> 35g	12%
Dietary Fiber 4g	14%
Sugars 10g	
<b>Protein</b> 10g	
Vitamin A 20%	• Vitamin C 20%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

