

TURKEY BURGER SLIDERS

By Chef Andy Ruszczyk



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. Once oven is set, place burgers on an oiled baking sheet and roast 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!

INGREDIENTS:

Burgers:

- 6 whole wheat slider rolls
- 1 lb ground turkey 94/6
- 1/4 cup liquid egg
- 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 heads broccoli

Dill Sauce:

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

Nutrition Facts

servings per container

Serving size 1 Slider

Amount per serving

Calories 400

% Daily Value*

Total Fat 12g 15%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 105mg 35%

Sodium 440mg 19%

Total Carbohydrate 38g 14%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 1g Added Sugars 2%

Protein 38g

Vitamin D 0mcg 0%

Calcium 103mg 8%

Iron 2mg 10%

Potassium 471mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For more recipes visit

healthyoptionsbuffalo.com

MEAL KIT SHOPPING LIST

Week 1: Turkey Burger Sliders

Fruit:

- No fruit this week

Vegetables:

- 1 head iceberg lettuce - \$1.79
- 1 tomato - \$1.62
- 2 small heads of broccoli - \$2.00

Protein:

- 1 1lb ground turkey 94/6 - \$5.49
- 1 container liquid eggs- \$2.99

Dairy:

- 1 cup plain nonfat Greek yogurt - \$0.79

Grains:

- 1 package Wegman's Multigrain Slider Rolls, 12 pack - \$3.49
- 1 box wheat bread crumbs - \$1.99

Herbs, Spices & More:

- 1 bottle lemon juice - 2.49
- 1 bottle reduced sodium Worcestershire sauce - \$2.79
- garlic
- extra virgin olive oil
- dried dill


Cooking at Home

Grocery cost: \$25.44

Recipe cost: \$15.80

Cost per meal: \$2.63

*prices found at your local Wegmans store