

# Baked Turkey Burgers

**Recipe Type:** Entrée

**Serves:** 5

**Prep Time:** 10 minutes

**Cooking Time:** 25 minutes

**C** means cup      **T** means tablespoon      **t** means teaspoon      **oz** means ounce

## What you need:

1 garlic clove, mashed  
½ t salt  
2 T olive oil  
1 large onion, chopped into very small pieces  
1 pound (lb.) ground turkey meat  
½ t black pepper  
Hamburger buns  
Mustard (optional)  
Ketchup (optional)



This is a picture of 1 serving.

## What to do:

1. Wash your hands.
2. Preheat the oven to 350°F.
3. Mash the garlic clove and salt until it is a paste.
4. Heat 1 T of the olive oil in a large skillet over medium heat.
5. Add the onion to the pan and cook for about 15 minutes.
6. Put the ground turkey into a large bowl. Add the garlic, onions, salt, and pepper.
7. Make 5 medium size balls with the mixture.
8. Add 1 T of olive oil to the skillet.
9. Cook one side of the burger for 2 minutes or until browned and flip it. Cook the other side for 2 minutes or until browned.
10. Move the burgers to a baking dish and bake in the oven for 5 minutes. To check if the burger is fully cooked use a meat thermometer; the turkey is done when the temperature is 165°F or more.
11. Remove the burgers from baking dish.
12. Serve with your favorite toppings and enjoy!

## Nutrition Facts

5 servings per container

**Serving size** 1 Burger (129g)

**Amount per serving**

**Calories** 160

% Daily Value\*

**Total Fat** 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 50mg 17%

**Sodium** 160mg 7%

**Total Carbohydrate** 3g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 22g

Vitamin D 0mcg 0%

Calcium 12mg 0%

Iron 1mg 6%

Potassium 320mg 6%

\*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.

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