

# STUFFED TURKEY BURGER



## INGREDIENTS:

- 1 lb ground turkey
- 1/2 cup low fat blue cheese crumbles
- 1 tsp coriander
- 1 tsp cracked black pepper
- 4 "Buns" of choice  
*Thin Bagel, Low Carb Wrap, Large Lettuce Leaves*)

## DIRECTIONS:

1. Combine turkey and seasonings in a bowl and mix well.
2. Divide mixture into 8 balls.
3. Flatten each one to about 1/4" thick.
4. Place 4 of the flattened burgers onto a foil lined baking sheet.
5. Divide the red peppers and blue cheese evenly among the burgers and place in center of patty.
6. Place the remaining 4 burgers on top of the 4 with red and blue on them.
7. Pinch around the edges of each burger to "seal" them.
8. Cook the burgers about 3-5 minutes on each side or until the turkey is no longer pink.

Enjoy!

Makes 4 burgers

1 burger: Calories: 301 | Protein: 35 gm | Carbs: 23 gm | Fat: 14 gm