

# TURKEY BURGER



## INGREDIENTS:

- 1 lb 97/3 ground turkey
- 2 tbsp tomato paste
- 1 egg white
- 1 tbsp liquid smoke
- 1/2 tsp salt
- 1/2 tsp black pepper

## DIRECTIONS:

- 1) In a medium bowl combine egg white, tomato paste, liquid smoke, salt, and pepper
- 2) Add ground turkey and mix well
- 3) Use your hands to form 4 equally sized burgers. Around 4.5 oz each
- 4) Cooking Options:  
Cook on the grill until internal temperature reaches 165 F.  
Cook on stove top at medium-high heat until internal temperature reaches 165 F.

Enjoy!

Makes 4 Burgers | Serving Size 1 Burger  
Calories: 187 | Protein: 23 g | Carbs: 3 g | Fat: 10 g