

Blue is Better Recipe (Serves 4) Texas Turkey Burgers

Ingredients

- 1 lb. ground turkey
- 1/3 c. bbq sauce
- 1 can (4 oz) chopped green chilies, drained
- 4 slices (1 oz. each) Monterey Jack cheese with jalapeño peppers
- 4 whole wheat buns, split

Preparation Instructions

1. Heat coals or gas grill.
2. Mix turkey, barbecue sauce & chilies. Shape mixture into 4 patties, each about 3/4" thick.
3. Grill patties covered 4-6" from medium coals 14-16 min., turning once, until turkey is no longer pink in center. About 1 min. before burgers are done, top each with cheese slice. Grill until cheese is melted. Serve on buns.



NUTRITION FACTS

Serving Size

1 burger

Amount Per Serving:

Calories.....390

Calories from Fat.....153

Total Fat.....17 g

Saturated Fat..... 8 g

Cholesterol..... 100 mg

Sodium..... 720 mg

Carbohydrate......26 g

Dietary Fiber.....2 g

Protein..... 36 g