

Turkey Vegetable Sliders

Relish Magazine - August 2012

www.relish.com

Servings: 6

1 pound ground turkey (light and dark meat)

1/2 cup dry breadcrumbs

1/2 cup Parmesan cheese, grated

1 cup zucchini, grated

1/2 cup parsley, chopped

1/2 cup carrot, grated

2 tablespoons fresh lemon juice

2 ounces crumbled feta cheese

1 egg

1/2 teaspoon coarse salt

freshly ground black pepper

6 slider buns

tomato slices (optional)

avocado slices (optional)

In a bowl, combine the turkey, breadcrumbs, Parmesan cheese, zucchini, parsley, carrot, lemon juice, feta cheese, egg, salt and pepper. Mix gently. Form into six patties.

Saute' or grill the burgers.

Place the burgers on the slider buns.

Garnish with the tomato and avocado slices, if using.

Per Serving (excluding unknown items): 114 Calories; 5g Fat (42.5% calories from fat); 7g Protein; 10g Carbohydrate; 1g Dietary Fiber; 49mg Cholesterol; 483mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.