**SMOKEY OPEN-FACED TURKEY BURGER**

**INGREDIENTS**

- **1 teaspoon canola oil**
- **Patties**
  - ⅓ lb ground turkey
  - 1 teaspoon smoked paprika
  - 3 tablespoons yellow onion, finely chopped
  - ¼ teaspoon ground black pepper
  - 1 egg white
  - 1 teaspoon Parmesan cheese
- **2 slices rustic white bread**
- **1 garlic clove**
- **4 slices fire-roasted sweet red peppers (available in a jar)**
- **One 2-oz fresh part-skim mozzarella ball, sliced into 4 pieces**
- **Bibb lettuce**

**PREPARATION**

1. Preheat oven on low broil.
3. Cook patties for approximately 3–5 minutes* on each side.
4. Place bread on a baking sheet in the middle of the oven and toast lightly, turning once. Remove from oven and rub the bread with the garlic clove.
5. Place the bread on a baking sheet and garnish each bread slice with 2 slices of fire-roasted red peppers and 2 slices of fresh mozzarella. Broil the bread for 2 minutes or until cheese is well melted.
6. Transfer bread to a plate and assemble each with 2 leaves of Bibb lettuce and a hot burger.

* Use a thermometer to be sure that the meat reaches an internal temperature of 165°F.
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### Enjoy your burger

In the warmer months of the year, nothing tastes better than a burger cooked fresh from the grill. From the smell and the first delicious bite, burgers are known as a favorite summer food. You can enjoy burgers as part of your kidney diet, just consider a few key tips to lower potassium and sodium in your meal.

**Make at home:** You can limit the fat content of your burger as well as unwanted sodium and potassium by making burger patties at home. Choose unseasoned, lean ground beef or turkey. Make 3-ounce patties, which are roughly the size of a deck of cards. When seasoning, use salt-free choices such as pepper, garlic, and fresh herbs.

**Select the right bread:** Remember portion sizes when choosing the bun. Bigger is not necessarily better. Selecting a whole wheat bun can add fiber to your meal, but read labels to ensure your choice does not have extra salt or potassium preservatives.

**Choose good toppings:** Burgers can be topped with lettuce, onion, and other low-potassium vegetables. Limit cheese and tomatoes. If you like mayonnaise, ketchup, or mustard, use a small amount or read labels to select lower-sodium condiments.

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### Nutrient Analysis

**PER SERVING**

1 Burger

Renal/Diabetic exchanges: 3 Lean Meat + 1 Starch

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Calories</td>
<td>308Kcal</td>
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<tr>
<td>Protein</td>
<td>23g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Fiber</td>
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<tr>
<td>Sugars</td>
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</tbody>
</table>

### Diet Types

- **CKD Non-Dialysis**
- **Dialysis/Diabetes**
- **Dialysis**
- **Transplant**

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