

PREPARATION: 10 MINUTES

COOKING: 8 MINUTES

SERVING: 2

SMOKEY OPEN-FACED TURKEY BURGER



Nutrient Analysis			
PER SERVING: 1 Burger			
RENAL EXCHANGE: 1 Meat + 1 Starch			
Calories	357 Kcal	Sodium	531 mg
Protein	34 g	Potassium	430 mg
Total Carbohydrate	19 g	Phosphorus	397 mg
Fiber	2 g	Calcium	320 mg
Sugars	3 g	Iron	3 mg
Fat	16 g	Magnesium	23 mg
Saturated	5 g	Vitamin C	6 mg
Cholesterol	95 mg		

Diet Types			
<input type="checkbox"/>	CKD Non-Dialysis	<input checked="" type="checkbox"/>	Dialysis/Diabetes
<input checked="" type="checkbox"/>	Dialysis	<input checked="" type="checkbox"/>	Transplant

SMOKEY OPEN-FACED TURKEY BURGER

INGREDIENTS

½ 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

1 teaspoon canola oil

2 slices of rustic white bread
(or 2 small buns) plus 1 whole
garlic clove



1 50g (1.7 oz) Bocconcini mozzarella
ball, sliced into 4 pieces

Bib lettuce

4 slices fire-roasted sweet red
peppers (available in a jar)

PREPARATION

- 1 Preheat oven on low broil.
- 2 Heat oil in a pan over medium-high heat.
- 3 Combine first 6 ingredients in a bowl, mix gently and form 2 patties.
- 4 Brown patties and cook on each side for 3 minutes.*
- 5 Place bread on a baking sheet in the middle of the oven and roast lightly turning once.
- 6 Remove from oven and rub the bread with the garlic clove. Set bread aside.
- 7 Place the bread on a baking sheet and garnish each bread slice with 2 slices of fire-roasted red pepper and 2 slices of bocconcini. Broil the bread for 2 minutes or until cheese is well melted.
- 8 Transfer bread to a plate and garnish each with 2 leaves of bib lettuce and the hot burger.

* We encourage you to use a meat thermometer to be sure that the burger is cooked. The internal temperature should be 170°F .

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