

CDC Recipes: Low-Sodium Turkey Burger Sliders



Preparation

1. In a large bowl, mix together ground turkey, red and green bell peppers, onions, basil, rosemary, and garlic.
2. Form into 8 small patties.
3. Once meat and ingredients are mixed together, place in a covered dish and refrigerate for 5 hours, this will allow the flavors time to soak into the meat.
4. Cook the patties in a medium skillet over medium high heat, flipping once, to an internal temperature of 180 degrees F (85 degrees C).
5. Once the burgers are cooked, it is time to add them to your favorite slider buns.

Ingredients

- 16 ounces ground turkey (85% lean, 15% fat)
- ¼ cup red bell pepper, chopped
- ¼ cup green bell pepper, chopped
- ¼ cup white onion, chopped
- 1 teaspoon rosemary
- 1 teaspoon basil ground
- 1 teaspoon garlic powder

Details

Yield

8 servings

Serving size

2 oz burger

Pro Tip

This is a great tasting burger without adding salt! The secret for the great taste is allowing the meat and ingredients time to sit together before cooking margarine or butter in a small skillet.

- Calories: 85
- Protein: 8 g
- Carbohydrates: 35 mg
- Potassium: 116 mg
- Phosphorus: 8 mg
- Sodium: 25 mg