

Turkey Burgers

1/2 lb. white ground turkey
1/2 lb. dark ground turkey
6 sundried tomatoes in olive oil, thinly sliced
2 tablespoons olive oil from the sundried tomatoes jar
2 tablespoons chopped parsley (or 2 teaspoons dried)
2 tablespoons chopped basil (or 2 teaspoons dried)
1 teaspoon garlic powder
Salt and pepper to taste
4 whole wheat buns or rolls
Whole Foods 365 Creamy Garlic and Lemon sandwich spread (or similar)
Lettuce and sliced tomatoes

1. Place turkey in a bowl. Gently work in sundried tomatoes plus 2 tablespoons oil from the jar, parsley, basil, garlic powder, salt and pepper. Take care not to overwork the mixture.
2. Form into 4 patties, making an indentation in the middle of each one to help the burgers cook evenly. Cover and refrigerate an hour to blend flavors.
3. Grill patties until firm and browned and all pink is gone from center, about 3 to 5 minutes per side. Serve on toasted buns with garlic lemon sandwich spread, lettuce, and tomatoes.

Makes 4 servings.

Per serving: (1 burger/233g-wt.): 440 calories (220 from fat), 25g total fat, 3.5g saturated fat, 65mg cholesterol, 660mg sodium, 27g total carbohydrate (4g dietary fiber, 5g sugar), 27g protein.

Source: *Whole Foods Newsletter*

Comments: We haven't made these burgers on the boat yet, but we have made them at home, and they are WONDERFUL! They have great texture and flavor, and are reasonably healthy. They are easy to prepare and we look forward to putting these patties on our boat barbecue soon!