

Florentine Turkey Burgers

500 g ground turkey
250 mL fresh spinach, finely chopped
125 mL bread crumbs
75 mL chopped onion
25 mL light mayonnaise
25 mL Worcestershire Sauce
1 clove garlic, minced
1 mL pepper

Combine all ingredients in a large bowl, mix thoroughly. Shape into 4-6 patties. Place patties on a greased grill. Grill over medium high heat 4-6 minutes per side, or until no longer pink in center. Serve with mozzarella cheese and red pepper sliced if desired!

Makes 4-6 burgers.

Nutrition Analysis per Serving: 203 Calories, 27.5 grams Protein, 7.9 grams Fat, 6.9 grams Carbohydrate



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