

HARVEST TURKEY BURGERS

Ingredients

- . 1 lb ground turkey breast
- . 2 T fresh thyme, stripped and finely chopped (or 2 tsp dried thyme)
- . ¼ tsp. coarse salt
- . ¼ tsp. fresh ground pepper
- . 1 carrot, shredded
- . ½ small zucchini, finely chopped
- . Cooking spray

For garnish:

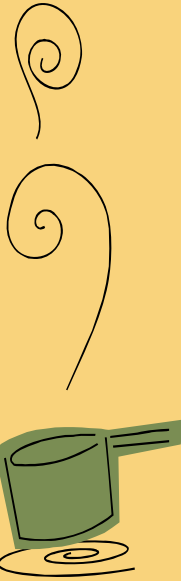
- . 4 leaves green lettuce
- . 1 vine ripened tomato, sliced
- . 1 T fat free ranch dressing (optional)
- . 8 whole grain Pitettes (or any small pita bread)

Directions

1. Combine first 6 ingredients in a bowl.
2. Form into 8 small patties.
3. Spray nonstick pan with cooking spray, and cook 7 minutes on each side over medium high heat, or until internal temperature reaches 165°F.
4. Serve on pita bread with lettuce, tomato, and fat-free ranch dressing (optional)

Yields: 8 small patties
(pita and fat free ranch not included)
Calories: 60
Fat: 1 g
Protein: 14 g
Carb: 0 g (0 g fiber)

RECIPES



*For eating well
after bariatric
surgery*



To view more recipes or submit your own, visit
www.muschealth.com/weightlossurgery