

# Baked Turkey Burgers

**Recipe Type:** Entrée

**Serves:** 5

**Prep Time:** 10 minutes

**Cooking Time:** 25 minutes

**C** means cup      **T** means tablespoon      **t** means teaspoon      **oz** means ounce

## What you need:

- 1 garlic clove, mashed
- 1/8 t salt
- 2 T olive oil
- 1 C large onion, chopped into very small pieces
- 1 lb ground turkey meat
- 1/2 t black pepper
- hamburger buns
- mustard (optional)
- ketchup (optional)



This is a picture of 1 serving.

## What to do:

1. Preheat the oven to 350°F.
2. Wash your hands.
3. Mash the garlic clove and salt until it is a paste.
4. Heat 1 T of the olive oil in a large skillet over medium heat.
5. Add the onion to the pan and cook for about 15 minutes.
6. Put the ground turkey into a large bowl and add the garlic, onions, salt and pepper.
7. Form the mixture into 5 (3 oz) burgers.
8. Add 1 T of olive oil to the skillet.
9. Cook one side of the burger for 2 minutes until browned and flip it over and cook the other side for 2 minutes until browned.
10. Transfer the burgers to a baking dish and bake for 5 minutes. Check if the turkey burger is fully cooked using a meat thermometer; the turkey is done when the temperature is 165 °F or more.
11. Remove burgers from baking dish.
12. Serve warm and enjoy!

## Nutrition Facts

<b>Serving Size 132.29 g</b>	
<b>Amount Per Serving</b>	
<b>Calories 160</b>	<b>Calories from Fat 70</b>
<b>%Daily Value*</b>	
<b>Total Fat 8 g</b>	<b>12%</b>
Saturated Fat 2 g	10%
Trans Fat 0 g	
<b>Cholesterol 50 mg</b>	<b>17%</b>
<b>Sodium 180 mg</b>	<b>8%</b>
<b>Total Carbohydrate 5 g</b>	<b>2%</b>
Dietary Fiber 1 g	4%
Sugars 2 g	
<b>Protein 16 g</b>	
Vitamin C 6%	
Calcium 2%	
<b>* Percent Daily Values are based on a 2,000 calorie diet.</b>	

FK=5.5; 1/28/2016

Find other recipes at [www.snaped4me.org](http://www.snaped4me.org)



**NJ SNAP-Ed**  
NJ Supplemental Nutrition Assistance Program-Education  
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: [www.NJHelps.org](http://www.NJHelps.org); or to learn more go to [www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp). USDA is an equal opportunity provider and employer.

To Apply for SNAP visit [www.njsnap.org](http://www.njsnap.org)

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

**RUTGERS**  
New Jersey Agricultural  
Experiment Station