



# PHLC Mouth Watering Turkey Burgers

## Ingredients:

1 lb 97/3 ground white turkey meat

1 chopped small white onion

1/2 lb chopped mushrooms

1–2 chopped jalapeno (Keep seeds and add extra if you want a spicier burger)

8 oz fat-free plain yogurt (You can also use fat-free plain Greek yogurt)

1/2 c uncooked oats

Pepper

Mrs. DASH Seasoning (Italian Seasoning, Chipotle, or Spicy)

## Directions:

1. Preheat oven to 375°F

2. Mix ground turkey, onion, mushrooms, jalapeno, yogurt, and oats together in a large bowl.

3. Add pepper and Mrs. DASH to taste

4. Pat out into 3 ounce patties

5. Spray skillet with Pam spray and brown patties a few minutes on each side.

6. Place in the oven for 15–20 minutes to finish cooking.

