



# **Turkey Burgers with Cranberries**

Recipe courtesy Chef Bryan Woolley

- 3 pounds ground turkey
- ½ cup diced onions
- 3 garlic cloves, minced
- 1 tbs. Italian seasoning
- 1 egg
- ¼ cup breadcrumbs

Combine all ingredients into a bowl mix thoroughly.  
Form into patties  
Place on broiler pan into 400-degree oven for approx. 15 minutes

- Serve with:
- 1 cup cranberry sauce, canned
  - 1 granny smith apple, sliced
  - 1 red onion sliced
  - Salt and pepper
  - Whole wheat Buns

Put patty on bun, top with cranberry sauce, apple slice, onion slice and season with salt and pepper. Enjoy!

Serves 12

## **Nutritional Analysis**

Serving: One Turkey Burger with condiments and bun

Calories	279
Total Fat	11g
Saturated Fat	3g
Cholesterol	107mg
Sodium	258mg
Carbohydrate	24g
Protein	23g

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## **Diabetic Exchanges**

Protein	3.5
Carbohydrate	1.5
Fat	2