

Turkey Patties

Ingredients:

- 1 ¼ pound package of ground turkey
- 1 cup bread crumbs
- 1 egg
- ¼ cup chopped green onion
- 1 Tablespoons prepared mustard
- ½ cup chicken broth
- nonstick cooking spray

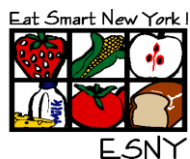
Directions:

1. Mix ground turkey, bread crumbs, egg, onions, and mustard in a large bowl. Shape into 4 patties, about 1/2 inch thick.
2. Spray a large skillet with cooking spray. Add patties and cook, turning once to brown other side. Cook until golden brown outside and white inside, about 10 minutes. Remove.
3. Add chicken broth to skillet and boil over high heat until slightly thickened, about 1 to 2 minutes. Pour sauce over patties.
4. Serve on buns.

Yields about 4 servings

Source: Adapted from: Quick and Healthy Meals, Tips and Tools for Planning Meals for Your Family, Cuyahoga County, Ohio State University Extension, Last Modified: Oct 22, 2008

Nutrition Facts			
Serving Size 1 patty, ¼ of recipe (222g)			
Servings Per Recipe 4			
Amount Per Serving			
Calories	340	Calories from Fat	130
% Daily Value *			
Total Fat	15g		23%
Saturated Fat	4g		20%
Trans Fat	0g		
Cholesterol	165mg		55%
Sodium	440mg		18%
Total Carbohydrate	20g		7%
Dietary Fiber	2g		8%
Sugars	2g		
Protein	30g		
Vitamin A	2%	Vitamin C	6%
Calcium	8%	Iron	20%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	Calories: 2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	20g	25g
Sodium	Less than	300mg	300mg
Total Carbohydrate	Less than	2,400mg	2,400mg
Dietary Fiber		300g	375g
		25g	30g
38% calories from fat			
special notes			



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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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