

Turkey Burgers

Makes: 4 servings



Ingredients

- 1 lb. 85% lean ground turkey
- 2 medium onions (chopped)
- 3 Tbsp. lemon juice
- ¼ tsp. Worcestershire sauce
- ¼ tsp. dried parsley

Directions

1. Combine the onions, turkey, lemon juice, Worcestershire sauce and parsley. Mix well.
2. Shape the mixture into four patties.
3. Fry in a pan on medium heat or grill until the internal temperature reaches 165 F.

Nutritional information for 1 serving

Calories	237
Total fat	14 g
Saturated fat	4 g
Cholesterol	84 mg
Sodium	75 mg
Carbohydrate	8 g
Dietary fiber	1 g
Total sugars	3 g
Added sugars included	0 g
Protein	21 g

Source: MyPlate

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