

# Broiled Turkey Burgers

1 pound 93% lean ground turkey  
1/4 cup finely chopped green onions  
1/4 cup finely chopped fresh parsley  
2 tablespoons dry red wine  
1 teaspoon dried Italian seasoning  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
4 whole wheat hamburger buns  
Lettuce, grilled pineapple slices, and bell pepper strips (optional)

## DIETARY EXCHANGES:

1 1/2 Starch, 4 Vegetable

## NUTRIENTS PER SERVING:

Cal.: 243	Cal. from Fat: 12%
Total Fat: 3 g	Sat. Fat: 1 g
Carb.: 20 g	Protein: 31 g
Chol.: 74 mg	Sodium: 384 mg
Fiber: 0 g	

1. Preheat broiler.
2. Combine turkey, onions, parsley, wine, Italian seasoning, salt, and black pepper in large bowl; mix well. Divide and shape turkey mixture into 4 burgers.
3. Spray rack of broiler pan with nonstick cooking spray; place burgers on rack. Broil burgers, 4 inches from heat source, 5 to 6 minutes per side or until burgers are no longer pink in center. Serve on whole wheat buns with lettuce, grilled pineapple slice, and bell pepper strips, if desired.

*Makes 4 servings*

Source: Diabetic Cooking Magazine

