



**Asian Turkey Burger** Provided by EatingWell.com



Hoisin sauce gives these burgers a juicy texture, while ginger and garlic provide a burst of flavor, and water chestnuts deliver an appealing crunch. Serve them over tender greens or on toasted whole-wheat buns.

• **INGREDIENTS**

- 2 slices whole-wheat sandwich bread, crusts removed, torn into pieces
- 12 ounces lean ground turkey breast, (see Ingredient Note)
- 1 8-ounce ca sliced water chestnuts, rinsed and chopped
- 2 tablespoon hoisin sauce, (see Ingredient Note)
- 2 scallions, trimmed and sliced
- 1 tablespoon minced fresh ginger
- 2 cloves garlic, minced
- 1/4 teaspoon salt
- 1 1/2 teaspoons toasted sesame oil
- Sesame Mayonnaise, optional (recipe follows)

**COOKING DIRECTIONS**

Step 1: Preheat grill to medium-high.

Step 2: Place bread in a food processor and pulse into fine crumbs. Transfer to a large bowl. Add ground turkey, water chestnuts, hoisin, scallions, ginger, garlic and salt; mix well. (The mixture will be moist.) With dampened hands, form the mixture into four 1/2-inch-thick patties (see Tip).

Step 3: Oil the grill rack (see Tip). Brush the patties with sesame oil. Grill until browned and no longer pink in the center, about 5 minutes per side. (An instant-read thermometer inserted in the center should register 165°F.)

Step 4: Meanwhile, prepare Sesame Mayonnaise, if desired, to serve with the burgers.

**MAKE AHEAD TIP**

Prepare through Step 2. Wrap patties individually and refrigerate for up to 8 hours or freeze for up to 3 months. Thaw in the refrigerator before cooking.



#### RECIPE TIPS

When forming burger patties, make them thinner at the center to prevent them from steaming as they cook.

Hoisin sauce is a spicy, sweet sauce made from soybeans, chiles, garlic and spices. It will keep in the refrigerator for at least a year.

Ingredient Notes: Regular ground turkey, which is a mixture of dark and white meat, has a higher fat content (similar to that of lean ground beef).

Oil a folded paper towel. Hold it with tongs and pull it toward you over the rack. Do not use cooking spray on a hot grill.

Tips: Check labels carefully and select ground turkey

Serves 4 - Prep Time 35 min. - Total Time 35 min.

#### NUTRITION INFO

Per serving

Calories: 207 Carbohydrates: 20g Fat: 3g Protein: 24g Dietary Fiber: 4g Saturated Fat: 1g Monounsaturated Fat: 1g

Cholesterol: 53mg Potassium: 292mg Sodium: 392mg

Exchanges: 1 starch, 1 1/2 vegetable, 3 very lean protein, 1/2 fat

Carbohydrate Servings: 1