

Turkey Spinach Burgers

This turkey burger recipe is not only delicious but packed full of nutrients.



INGREDIENTS

- 1 pound ground turkey breast
- 10 ounces frozen, chopped spinach, defrosted and drained
- 1/4 cup dried bread crumbs
- 1/4 cup chopped onion
- 2 tablespoons chopped fresh parsley
- 1 1/2 tablespoons vegan Worcestershire sauce
- 1 teaspoon hot sauce

Servings: 5 burgers

PREPARATION

1. Combine the ground turkey, spinach, bread crumbs, onions, parsley, Worcestershire sauce, and hot sauce in a large bowl. Mix well.
2. Divide turkey mixture into 5 equal portions and form into patties.
3. Coat grill rack or broiler pan with cooking spray.
4. Grill or boil until nicely browned on both sides and cooked through, about 7 minutes per side.

NUTRITION

Per serving: 181 calories; 19g protein; 8.2g fat; 2.2g saturated fat; 243mg sodium; 8g carbohydrate; 2.2g fiber; 4068mcg beta-carotene; 18mg vitamin C; 119mg calcium; 2.9mg iron; 90mcg folate; 63mg magnesium; 2.1mg zinc; 22.3mcg selenium

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