



SMOKEY OPEN-FACED TURKEY BURGER

PREPARATION: 3 MINUTES

COOKING: 8 MINUTES

2 SERVINGS

INGREDIENTS

- 1/2 lb ground turkey**
- 1 teaspoon smoked paprika**
- 3 tablespoons yellow onion, finely chopped**
- 1/4 teaspoon ground black pepper**
- 1 egg white**
- 1 teaspoon parmesan cheese**

- 1 teaspoon canola oil**
- 2 slices of rustic white bread (or 2 small buns)
plus 1 whole garlic clove**
- 1 50g Bocconcini mozzarella ball,
sliced into 4 pieces**
- Bib lettuce**
- 4 slices fire-roasted sweet red peppers
(available in a jar)**

PREPARATION

- 1** Preheat oven on low broil.
- 2** Heat oil in a pan over medium-high heat. Combine first 6 ingredients in a bowl, mix gently and form 2 patties.
- 3** Brown patties and cook on each side for 3 minutes*.
- 4** Place bread on a baking sheet in the middle of the oven and roast lightly turning once. Remove from oven and rub the bread with the garlic clove. Reserve.
- 5** Place the bread on a baking sheet and garnish each bread slice with 2 slices of fire-roasted red pepper and 2 slices of bocconcini. Broil the bread for 2 minutes or until cheese is well melted.
- 6** Transfer bread to a plate and garnish each with 2 leaves of bib lettuce and the hot burger.

* We encourage you to use a meat thermometer to be sure that the burger is cooked. The internal temperature should be 170 °F (77 °C).

Nutrient Analysis

PER SERVING

1 burger

Renal exchange:

4 Protein + 2 Starch + 1 Vegetable

Calories	399Kcal
Protein	34g
Carbohydrates	26g
Fibre	3g
Total Fat	17g
Saturated Fat	6g
Cholesterol	113mg
Sodium	452mg
Potassium	647mg
Phosphorus	450mg