

APPLE AND ARUGULA SLIDERS

Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 6 (Serving = 1 turkey burger slider)

Nutrition (per serving)

Calories: 266

Total Fat: 9 g

Saturated Fat: 3 g

Sodium: 487 mg

Total Carbohydrate: 28 g

Dietary Fiber: 3 g

Total Sugars: 5 g

Protein: 18 g

Ingredients

- Cooking spray
- ½ yellow onion, thinly sliced
- 1 cup sliced white mushrooms
- 1 pound 93% lean ground turkey breast
- 1 ½ cups chopped baby arugula
- ¾ cup whole wheat panko bread crumbs
- ½ cup finely diced apple
- 3 Tablespoons diced shallot
- 1 large egg
- 1 teaspoon lemon zest
- 1 teaspoon Worcestershire sauce
- ½ teaspoon garlic powder
- ¼ teaspoon ground cumin
- ¼ teaspoon ground black pepper
- 1/2 teaspoon salt
- 6 mini whole wheat slider buns
- 3 Tablespoons balsamic glaze
- 1/3 cup blue cheese crumbles



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Directions

1. Place foil down on grill, spray with cooking spray and grill the onions and mushrooms for about 7-10 minutes over medium-high heat.
2. In a large bowl, add the turkey, arugula, bread crumbs, apple, shallot, egg, lemon zest, Worcestershire, garlic powder, cumin, pepper and salt and mix well. Divide the mixture into 6 patties.
3. Place burgers on grill over medium-high heat and cook on each side for 5-7 minutes or until they reach 165 degrees Fahrenheit. Optional: toast buns for about 3-5 minutes.
4. Place burgers on buns and top with onions, mushrooms, balsamic glaze, and blue cheese.