



ASIAN TURKEY BURGERS W/ VEGETABLES Intermediate Lifestyle

Ingredients

1-1/4 lbs. Ground turkey
1 bag (16 oz.) Frozen oriental mixed vegetables
2 cloves garlic, pressed
3 TSP grated fresh ginger
3 TBS low-sodium soy sauce*

Instructions

1. Combine turkey, 1 clove garlic and 1 TSP ginger in bowl. Rinse hands with cold water, shape mixture into 4 burgers, about 1/2" thick.
2. Heat large nonstick skillet over medium-high heat. Add burgers. Cook, uncovered for 3 minutes, until browned. Turn over, reduce heat to medium.
3. Cook, covered, for 5 minutes or until cooked through. Remove from heat. Sprinkle with 1 TBS low-sodium soy sauce, turning burgers to coat.
4. Meanwhile, combine vegetables, 2 TBS water, remaining garlic, 2 TSP ginger and 2 TSP soy sauce in saucepan. Bring to simmer. Cook, covered for 7 minutes. Serve with burgers.

Portion-Per-Serving Information (Yields 4 servings)

Serving = 1 burger + 1/2 cup vegetables = 1 P, 1 V

***Note:** Bragg's Liquid Amino is a real good alternative to soy sauce. Tastes just like it. So much lower in sodium. All natural. You can buy it in any health food store or in the organic section in supermarkets.