

# BBQ Turkey Burgers

## Ingredients

1/4 cup chopped onion  
1/4 cup barbecue sauce, divided  
2 Tbsp dry breadcrumbs  
2 tsp prepared mustard  
3/4 tsp chili powder  
1/2 tsp garlic powder  
1/4 tsp salt  
1 pound ground turkey  
Cooking spray  
Lettuce leaves  
Tomato slices  
Whole-wheat hamburger buns

## Directions

1. In medium bowl, combine onion, 2 tablespoons barbecue sauce, breadcrumbs, mustard, chili powder, garlic powder, salt and turkey.
2. Divide turkey mixture into 4 equal portions, shaping each into 1 ½ inch patties.
3. Heat grill to medium-high and prep with cooking spray. Cook patties 4-5 minutes on each side, or until done.
4. Place lettuce and tomato slices on bottom half of each bun. Spread each patty with 1 ½ tsp barbecue sauce. Cover with top halves of buns.

## Nutrition Information makes 4 servings

### Per Serving

Calories: 330  
Fat: 10 g  
Cholesterol: 65 mg  
Sodium: 670 mg  
Carbohydrate: 35 g  
Fiber: 4 g  
Protein: 27 g



[www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com)

# Eat Smart