



Turkey Burger with Honey Mustard



Where service *and savings* matter.

SERVINGS: 4

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
Calories 420, calories from fat 160,
total fat 17g, saturated fat 4g,
cholesterol 110mg, sodium 520mg,
total carbohydrate 39g, dietary
fiber 4g, sugars 18g, protein 29g,
vitamin A 8%, vitamin C 35%,
calcium 8%, iron 15%

- 2 Tbsp Food Club honey
- 2 Tbsp Food Club Dijon mustard
- 1 Tbsp fresh mint, finely chopped
- 1/8 tsp Salt
- 1/8 tsp Pepper
- 1 1/4 lbs. fresh, lean ground turkey
- 1 Tbsp canola oil
- 4 slices fresh pineapple (can substitute with Food Club
canned pineapple slices)
- 4 Sarah Lee Heart Whole Wheat Hamburger Buns, split
- 1 cup of favorite dark green leaf lettuce

DIRECTIONS:

- Prepare outdoor grill for cooking.
- Whisk together honey, mustard and mint in small bowl and season with salt and pepper to taste.
- Place ground turkey in a medium bowl and season with salt and pepper. Divide ground turkey into fourths and shape into patties about 4 1/2 " in diameter. Brush both sides of the patties with honey mustard glaze and place on the grill. Cook until golden brown on one side, about 5 to 8 minutes. Turn over and continue grilling. Glaze each side one additional time while grilling. Grill burgers about 15 to 20 minutes or until meat thermometer inserted into center reaches at least 160 degrees F.
- When burgers are completely cooked, remove from grill. While the turkey burgers are cooking, brush the slices of pineapple with oil and grill for 1 to 2 minutes per side or until golden brown.
- Place the buns on the grill and heat for 20 to 30 seconds. Remove from the grill and place a burger on the bottom half of each bun. Top each burger with a slice of pineapple and lettuce leaves.

Source: adapted from Bobby Flay

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