

Pita Burgers



These fun mini turkey burgers are topped with savory mushrooms, onions and peppers for a perfect bite-sized snack.

SERVING SIZE: 1 Pita SERVES 8

INGREDIENTS

- 1 $\frac{3}{4}$ lb. lean ground white turkey meat
- 2 large cloves of garlic, minced
- $\frac{1}{4}$ cup fresh parsley, chopped
- 1 teaspoon dried oregano
- $\frac{1}{2}$ teaspoon paprika
- $\frac{1}{2}$ teaspoon cumin
- 1 teaspoon lemon zest
- 1 egg
- 1 egg white
- 1 teaspoon olive oil
- 2 large onions peeled and sliced into $\frac{1}{2}$ moons
- 3 bell peppers of varying colors cored, seeded and sliced into – $\frac{1}{4}$ inch slices
- 1 16 oz package of white button or Cremini mushrooms wiped clean and sliced
- nonstick cooking spray
- 8 large leaves green leaf lettuces
- 4 medium-size whole wheat pita cut in half

DIRECTIONS

1. Mix the ground turkey, garlic, parsley, oregano, paprika, cumin, lemon zest, egg and egg white.
2. Mix well with a spoon or your hands.
3. Line a baking sheet with parchment and form 16 2 ½ inch patties.
4. Place in refrigerator for 15 min. or until ready to cook.
5. Heat the olive oil in a large nonstick skillet over medium-high heat and add the onions and peppers, stirring occasionally for 8-10 min. or until the onions begin to caramelize. Add the mushrooms and continue to cook 5-7 minutes or until the liquid starts to evaporate.
6. Cook 3-4 min. more until all the liquid is gone and the vegetables are soft.
7. Heat a grill pan over medium-high heat. Spray lightly with nonstick cooking spray
8. Cook the patties about 3-5 min. per side until cooked through.
9. Take on pita half and fill with one lettuce leaf, two turkey patties and about ½ cup of the vegetable mixture per serving.

NUTRITIONAL FACTS PER SERVING

Calories 263

Fat (g) 7.76

Cholesterol (mg) 92.73

Saturated fat (g)

Sodium (mg) 205