juicy lucy turkey burgers



cook time:	prep time:	featured product:
12	**10**	**butter, baby!**

by using lean turkey meat in a classic juicy lucy burger, you reduce your saturated fat and still hold on to that amazing nostalgic flavor. the molten cheese center is creamy and the **organicgirl? butter lettuce** is crunchy for a perfect balance. this burger is sure to be the talk of your next BBQ!

ingredients

1?lb 93% lean ground turkey
1?teaspoon? Worcestershire sauce
1?teaspoon?dijon mustard
1/2?teaspoon?salt
1/4?teaspoon?black pepper
4?– 1oz?cubes cheddar cheese, sliced in half
4?brioche or pretzel buns, toasted

toppings: **organicgirl? butter, baby!**, red onion, avocado, tomato, dijon mustard, etc

directions

1. without over-mixing, gently combine the turkey, worcestershire sauce, mustard, salt, and pepper in a bowl, and divide into 8 even balls. form each into a thin 4-inch-wide patty.
2. equally divide the cheese and place on top of four of the patties, leaving a half-inch ring around the perimeter clear. place a second patty over the cheese and pinch the sides together to form a tight seal. smooth the edges and create an even thickness.
3. brush a nonstick skillet or grill with oil and heat over medium-high. add the patties and cook until browned, 5-6 minutes per side.
4. assemble burgers with on bun with your favorite toppings: butter lettuce, red onion, avocado, tomato, dijon mustard, etc

nutrition

of servings : 4

calories: 438
fat: 23g
cholesterol: 133mg
Sodium: 799mg
total carbohydrate: 27g
total sugars: 2g
protein: 34g