

Healthy Turkey Burgers

1 tablespoon olive oil	3/4 cup quick oatmeal
1 medium onion, finely diced	3/4 cup bread crumbs (using your favorite Natural Ovens bread)
2 medium carrots, shredded	1-1/2 pounds lean ground turkey
1/2 green bell pepper, seeded and diced	1 package <i>Better Wheat Buns*</i> , sliced lengthwise
1/2 red bell pepper, seeded and diced	Lettuce and tomato for garnish
1/2 teaspoon ground black pepper	
2 tablespoons low sodium soy or teriyaki sauce	

- In a medium sauté pan heat olive oil. Add onion, carrot, green and red peppers.
- Sauté for 10 minutes or until vegetables begin to soften. Add ground pepper and soy or teriyaki sauce. Remove from heat and set aside.
- In a large mixing bowl combine oatmeal, bread crumbs, and ground turkey. Add the sautéed vegetables to the turkey mixture. Blend together well.
- Divide mixture into 8 equal portions. Shape into burger patties.
- Heat a grill pan coated with cooking spray or olive oil over medium heat. Add patties. Cook six minutes on each side or until done.
- Place one patty on bottom half of each roll. Top each serving with lettuce leaf, one tomato slice and top half of roll.

Serves 8

You may wish to serve honey mustard on the side!

**If these Natural Ovens products are not available in your store, contact customer service.*



Recipe created by Jean Ecos, Natural Ovens Test Kitchen Specialist