

## Turkey & Oat Burgers

SOURCE: AOL's Cooking Light - 06/06/03 - Office Mgr Rita Kinnamon-Jackson

### INGREDIENTS:

1 C regular oats  
1 C finely chopped Vidalia onion  
1 TBS chili powder  
1 1/4 tsp salt  
2 large egg whites, lightly beaten  
1 (14.5 oz) can no salt-added tomatoes, drained/chopped  
1 1/2 lb ground turkey  
Cooking spray  
6 (2 oz) onion sandwich buns, toasted  
4 curly leaf lettuce leaves  
6 (1/4"-thick) slices tomato

### INSTRUCTIONS:

Combine first 7 ingredients. Divide mixture into 6 equal portions, shaping each into a 1/2"-thick patty. Heat a grill pan coated with cooking spray over medium-high heat. Add patties; cook 6 minutes on each side or till done. Place 1 patty on bottom half of each roll; top each serving with 1 lettuce leaf, 1 tomato slice + top half of roll.

YIELD: 6 servings

[NUTRITIONAL INFO: CALORIES 394 (30% from fat); FAT 13.2g (sat 4.7g, mono 4.1g, poly 4.2g);  
PROTEIN 26.1g; CARB 43.6g; FIBER 4.5g; CHOL 73mg; IRON 4.1mg; SODIUM 946mg; CALC 97mg]