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## **Simple Ground Turkey Burger**

### **Ingredients:**

1 lb. ground 99% fat-free turkey breast  
1/4 cup plain instant oats  
1/2 onion, finely diced  
salt and pepper to taste  
2 tbsp low-sugar barbecue sauce  
2 tbsp low-sugar ketchup  
2 cloves garlic, minced  
1 tbsp onion soup mix powder

### **Directions:**

1. Preheat the oven to 350 degrees F. Combine all ingredients together in a bowl until well mixed.
2. Form four patties of even size and thickness, and place on a nonstick baking sheet.
3. Bake turkey burgers for 30-35 minutes or until completely cooked through.
4. Serve immediately wrapped in a lettuce leaf or on its own with your favorite side dish.

### **Nutrition Info:**

Serving size: 1 burger  
Recipe yields: 4  
Calories: 165  
Fat: 1 g  
Carbs: 8 g  
Protein: 27 g