



Touchdown Turkey Sliders

Ingredients:

- 1 egg white
- ½ small red onion, minced
- ½ teaspoon ground cumin
- 1 pound lean ground turkey, thawed
- ¼ cup fresh cilantro, minced
- Olive oil cooking spray
- 4 Lettuce leaves
- 1 Tomato, sliced
- 1 Avocado, sliced
- 12 mini whole wheat hamburger buns

Instructions:

1. Whisk egg white, red onion, and cumin in large bowl. Add turkey and mix.
2. Shape turkey patties into 3-inch balls.
3. Heat large frying pan, and spray with cooking spray. Place burgers onto the pan and cook over medium- high heat around 6-8 minutes on both sides, or until well cooked.
4. Once fully cooked, plate turkey burgers on buns. Add lettuce, tomato, and avocado. If needed, place a toothpick in the middle to hold the burgers together.

Prep Time: 10 minutes

Cooking Time: 15 minutes

Equipment:

- Knife
- Cutting board
- Large bowl
- Measuring spoons/ cups
- Mixing spoon
- Frying Pan

Servings: 6

Serving Size: 2



Nutrition Facts:	280	12 g	1.5g Saturated	27g	21g	3g
	Calories,	Fat,	Fat,	Carbohydrates,	Protein,	Fiber,
	4g	290mg				
	Sugar,	Sodium.				

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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Variations:

- Add any veggies you prefer to garnish!
- Place turkey burgers in whole- wheat pita, tortilla, or lettuce wraps

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