

# stuffed turkey burgers

Serves: 6

Prep and Cook time: 35 min

Per serving: 272 calories, 16.4 g fat, 211 mg sodium

1 TBS olive oil	1 tsp dried thyme (optional)	6 buns, split and toasted
1 lb. ground turkey	1 clove garlic, minced or 1 tsp bottled minced garlic	1/4 cup dried cranberries
1 egg	1/4 tsp ground black pepper	
1/2 cup breadcrumbs	1/2 cup shredded Monterey Jack cheese, or another white cheese	
3 TBS onion (optional)		

1. Preheat oven to 400° F. Lightly oil a 9x13-inch baking dish.

2. In a large bowl, combine turkey, egg, thyme, and pepper. Mix well.

3. In a small bowl, combine cranberries and cheese. Form 6 patties of the turkey mixture. Create a hollow in each patty fill with cheese mixture. Fold edges of patty over cheese mixture to create a tight seal. Place patties in the prepared baking dish. Bake 15 minutes. Turn burgers over. Bake additional 10 minutes. Serve hot on toasted buns.

Vary It! Try this recipe with any cheese you like. Try cream cheese with dill or Swiss with sage! You can also dice an apple and make it part of the stuffing.

