

For Kids! Turkey Burger with Easy Avocado Sauce & Cantaloupe Wedges ~

choose one side item to complete your meal

Turkey Burger with Easy Avocado Sauce

4 servings

1 lb	Ground turkey, 93% lean
½ tsp	Salt
1/8 tsp	Pepper
1 medium	Avocado
1 tsp	Fresh lemon juice
4	English muffins



Place turkey, salt, and pepper into a large mixing bowl. Mix together and then shape into 4 burgers, about 3 inches across. Place burgers in a non-stick skillet which is heated to medium. Cook 8-10 minutes, turning once, until temperature reaches 160-170 on a meat thermometer for well done. While burger is cooking, remove peel and seed from avocado, and mash the soft fruit in a bowl with lemon juice. Serve turkey burger topped with avocado sauce on an English muffin (toasted or untoasted). *Note: One half serving is a moderate serving for children under 10 years. Note: Children will enjoy mashing the avocado in a sealed baggie with their hands.*

93% Lean ground turkey on sale

Fresh avocados on sale

English muffins on sale

Fresh cantaloupe on sale

Turkey Recipe Nutrition per serving

303 calories; 23 gm protein; 29 gm carbohydrate; 11 gm total fat; 3 gm saturated fat; 0 trans fat; 51 mg cholesterol; 3 gm fiber; 435 mg sodium

To Make Cantaloupe Wedges: Wash outside of cantaloupe with water. Cut cantaloupe in half, remove and discard outside skin and seeds. Cut fruit into wedges. Chill.

Side Items:

1. Steamed Fresh Cabbage – Affordable, staple ingredient: Fresh cabbage, red or green, or a mixture of red and green.

To Make: Wash fresh cabbage in tap water. Get out a cutting board and knife and then cut thin strips of cabbage. Cut into 2 inch length pieces and place in a saucepan. Add 1/4-1/2 cup water and a lid. Cook on medium heat until cabbage is fork-tender. Drain water, drizzle with a tiny bit of olive oil, and dust with salt and/or pepper to taste.

2. Lemony Cauliflower or Broccoli – Affordable, staple ingredient: Lowes Foods Brand frozen cauliflower or broccoli spears.

To Make: Cook frozen cauliflower or broccoli according to package directions. Drain water. Sprinkle grated lemon zest (lemon's outer skin) over the top. Dust with salt and pepper to taste.

3. Grilled Sweet Potato Chunks – Affordable, staple ingredient: Fresh sweet potatoes.

To Make: Wash potatoes well in cool tap water. Cut into large, bite-size chunks. Measure sheets of aluminum foil about 10 x 12 inches large and then spray lightly with cooking oil spray. Place 4-6 potato chunks in the center of the foil and add a tiny bit of butter, salt and pepper. Fold 2 ends of the foil up to make a tent and pinch closed. Close other 2 ends of foil. Place on grill at medium high heat for 8 -12 minutes, until tender when poked with a fork.

Note: May cook potatoes in a 400 degree oven (foil packets on a baking sheet) rather than on the grill.