

# Healthy You Recipe Challenge – Class 7

*This volumetric friendly recipe uses a lean protein, a whole grain and suggests fresh vegetables as condiments. All these minor modifications will leave you feeling satisfied after your meal!*

## Curry Turkey Burgers

*(House and Home website)*

**Makes 6 servings**

### Ingredients:

*For the patties:*

- 1/4 cup milk
- 1 large egg
- 1/2 cup whole wheat bread crumbs
- 3 tbsp mango chutney
- 1 tsp chili powder
- 1 tsp cumin
- 1/2 tsp minced garlic
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1-1/2 lb. ground turkey
- 1/3 cup finely chopped green onion
- 6 whole wheat buns

*For the dressing:*

- 1 seedless cucumber, diced
- 1/4 tsp salt
- 1/2 tsp cumin
- 1/2 cup chopped fresh cilantro
- 1/2 cup plain yogurt



### Instructions:

1. With a fork, beat milk and egg together in a large bowl. Mix in bread pieces or crumbs. Add a splash more milk if necessary, to soften bread into a thick paste or the texture of cooked oatmeal (do not add too much milk or patties will be too soft to shape). Mix in chutney and spices.
2. Mix ground turkey and green onion into bread mixture. Form into 6 or 7 thick patties. Wrap and chill 2 hours or overnight before grilling or pan-frying.
3. In a separate bowl, mix all the dressing ingredients until evenly mixed.
4. Place burger on whole wheat bun, add dressing and serve. If desired, top with tomatoes and cucumber slices.

*Please see the reverse side for the nutrient information.*

Nutrients per serving (1 burger with a bun)	
Calories (kcal)	330
Fat (g)	9
Saturated Fat (g)	2.8
Trans fat (g)	0.1
Sodium (mg)	464
Carbohydrates (g)	34
Fibre (g)	2
Sugar (g)	8
Protein (g)	26

**Notes:**