



Asian Turkey Burgers

If you have a hankering for burgers on the grill, these are just the ticket. You won't even miss the buns! Grill some pineapple, bell pepper, and onion rings alongside the burgers for an outstanding Zone friendly summer meal. When you buy ground turkey, look for ground turkey breast, which is leaner and milder tasting than other ground turkey. The meat tends toward dryness, which is why I almost always combine it with a little moisture, such as the soy sauce and oil here.

Serves 4

- 1 pound ground turkey breast
- 2 ½ tablespoons thinly sliced scallions (1 to 2 scallions)
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon toasted sesame oil
- ¼ teaspoon crushed dried, red hot pepper flakes
- 2 cloves garlic, minced
- 4 cups torn red-leaf or romaine lettuce
- 2 tablespoons chopped fresh cilantro

1. Preheat the broiler or prepare a charcoal or gas grill so that the coals or heating elements are medium hot. Before it gets hot, lightly spray the grill rack with vegetable oil cooking spray.
2. In a mixing bowl, combine the turkey, scallions, 1 ½ tablespoons of the soy sauce, sesame oil, pepper flakes, cilantro and garlic. Shape into 4 patties, each about 1 inch thick. Brush each patty with the remaining soy sauce.
3. Broil or grill on medium heat the burgers for about 10 minutes, turning once, until well browned, firm, and cooked through. Do not overcook.
4. Spread lettuce on a serving platter and top with the burgers. Additional soy sauce or teriyaki sauce may be added if desired and serve.

Per serving: 0 grams carbohydrates, 28 grams protein, 3.5 grams fat