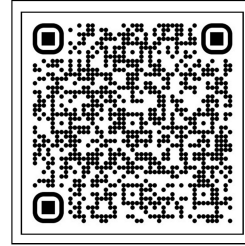




Cornell University  
Cooperative Extension  
New York City



## Turkey Patties

### Ingredients:

- 1 ¼ pounds package of ground turkey
- 1 cup bread crumbs
- 1 egg
- ¼ cup green onions, chopped
- 1 tablespoons prepared mustard
- ½ cup chicken broth
- nonstick cooking spray

### Directions:

1. Mix ground turkey, bread crumbs, egg, onions, and mustard in a large bowl. Shape into 4 patties, about 1/2 inch thick.
2. Spray a large skillet with cooking spray. Add patties and cook, turning once to brown other side. Cook until golden brown outside and white inside, about 10 minutes. Remove.
3. Add chicken broth to skillet and boil over high heat until slightly thickened, about 1 to 2 minutes. Pour sauce over patties.
4. Serve on buns.

*Yields about 4 servings (1 patty each)*

**Source:** Adapted from: Quick and Healthy Meals, Tips and Tools for Planning Meals for Your Family, Cuyahoga County, Ohio State University Extension, Last Modified: Oct 22, 2008

## Nutrition Facts

servings per container  
**Serving size** 1 patty (209g)

Amount per serving  
**Calories** 390

% Daily Value\*

<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 170mg	<b>57%</b>
<b>Sodium</b> 890mg	<b>39%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 2g Added Sugars	4%
<b>Protein</b> 43g	
Vitamin D 1mcg	6%
Calcium 76mg	6%
Iron 3mg	15%
Potassium 464mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



*Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.*

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