



# Honey Mustard Turkey Burger with Seasoned Fries

Prep time: **10** MINUTES

Cook time: **40** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container  
Serving size **1/4 recipe**

Amount per serving  
**Calories 600**

% Daily Value\*

<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 760mg	<b>33%</b>
<b>Total Carbohydrate</b> 74g	<b>27%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 16g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 33g	
Vitamin D 1mcg	6%
Calcium 180mg	15%
Iron 5mg	30%
Potassium 250mg	6%

\*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.

Scan code for a video of how to make this recipe!



## Ingredients:

- 4 teaspoons garlic powder
- 4 teaspoons ground black pepper
- 1 ½ teaspoons salt-free Italian seasoning
- 4 whole-wheat hamburger buns
- 1 large tomato
- 3 ½ teaspoons Montreal seasoning
- 4 tablespoons olive oil
- 1 pound ground turkey breast
- 1 large egg
- 5 teaspoons mustard
- 5 teaspoons honey
- ¼ teaspoon paprika
- ¼ teaspoon salt
- 1 small onion
- 2 cups romaine lettuce
- ½ pound sweet potatoes
- ¾ pound potatoes
- 1 small apple

Recipe adapted from *Slice and Spice*





# Instructions:



## 1. Prep

Scrub the potatoes and sweet potatoes thoroughly under running water with a veggie brush. Rinse other fresh produce thoroughly. Preheat the oven to 425°F. Cut the potatoes and sweet potatoes into fry shaped pieces. Cut the onion in half. Thinly slice half and finely chop the other half. Slice the tomato. Remove the apple's core and grate the apple into a small bowl.



## 2. Season and bake fries

Add the cut potatoes and sweet potatoes to a baking sheet lined with foil or parchment paper and drizzle with 1 ½ tablespoons olive oil. Season with salt, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon ground black pepper, and ½ teaspoon Italian seasoning. Bake for 25 minutes, or until crispy and golden brown.



## 3. Make burger patties

In a large bowl, combine ground turkey breast, apple, whisked egg, diced onion, Montreal seasoning, 1 tablespoon onion powder, 1 tablespoon garlic powder, 1 tablespoon ground black pepper, and ½ teaspoon Italian seasoning. Mix by hand with a glove or fork. Divide the mixture into 4 and form burger patties.



## 4. Cook burger patties

Heat 2 ½ tablespoons olive oil in a large skillet over medium heat. Cook the burger patties for 5 minutes per side until the internal temperature reaches 165°F. Frequently baste each patty by spooning the olive oil in the pan over each to keep it moist.



## 5. Toast hamburger buns

In the same skillet, place each side of the burger bun cut side down and toast. Set aside.

## 6. Make honey mustard sauce and plate

Mix paprika, honey, and mustard in a small bowl and spread the sauce on the top and bottom of each bun. Add the patty, romaine lettuce, tomato, and onion, and serve the fries on the side.

## Did you know ?

- » Ground turkey is a lean, high protein alternative to ground beef!
- » Homemade sauces are a good way to control your sodium and added sugar intake.

## Try these tips!

- » Be careful when grating the apple, and avoid grating too close to your fingers.
- » Feel free to add alternate vegetable toppings to your burger!