

Eat to Live Well

Recipes for a Healthy Life after Bariatric Surgery



Italian Turkey Burgers

Ingredients:

- 1 lb. ground turkey breast
- 2 Tbsp. Italian seasonings
- 1 clove minced garlic (or 1 Tbsp. garlic powder)
- 1/4 cup onion, chopped (optional)
- 1 cup no sugar marinara/tomato sauce
- 6 whole wheat English muffins

Directions:

1. Combine turkey, Italian seasoning, garlic, and onion.
2. Form into 6 patties.
3. Grill patties.
4. Drain fat.
5. Place on English muffin and top with 1/6 cup marinara sauce.

Servings per recipe: 6

Nutritional info (per serving):

Calories 274, Total fat 9 g (Saturated fat 2 g), Cholesterol 56 mg, Sodium 450 mg, Carbohydrate 27 g, Fiber 4 g, Protein 22 g

Nutritional info without the English muffin: (can place on lettuce wrap or eat the burger patty alone.)

Calories 154, Total fat 8 g (Saturated fat 2 g), Cholesterol 56 mg, Sodium 230 mg, Carbohydrate 4 g, Fiber 0 g, Protein 16 g

Submitted by employee

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www.charleston.va.gov/services/bariatric