

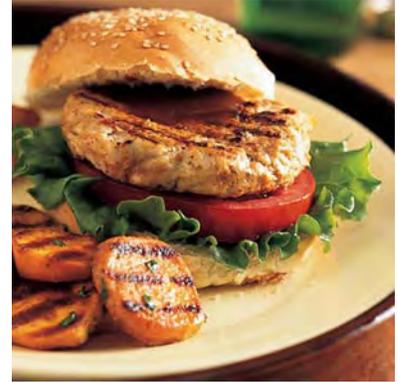
VIKING TURKEY BURGERS

From Tom & Mary VandeHei

INGREDIENTS

1	lb	ground turkey
1-1/2	Tbsp	horseradish
1-1/2	tsp	Dijon-style mustard
1-1/2	tsp	paprika
1/4	tsp	pepper
1/8	tsp	salt

4 burger buns



INSTRUCTIONS

In a large bowl combine turkey, horseradish, paprika, mustard, pepper and salt.

Shape meat mixture into 4 patties, each 1/2-inch thick.

Grill burgers 5 to 6 minutes per side, or until no longer pink in center and thermometer registers 165 degrees.

Makes 4 burgers on buns.

Approximate Nutrient Content Per Serving:

- 303 Cal
- 24 gm protein
- 13mg fat
- 2.3 gm carbohydrate
- 74 mg cholesterol
- 347 mg sodium