

Turkey Patties

Enjoy these tasty patties with fresh tomato slices and your favorite condiments on a whole grain bun.

Makes: 4 servings

Ingredients

- 1 ¼ pounds ground turkey
- 1 cup breadcrumbs
- 1 egg
- ¼ cup chopped green onion
- 3 teaspoons yellow mustard
- 1 teaspoon oil



Directions

1. Mix ground turkey, breadcrumbs, egg, onions, and mustard in a large bowl. Shape into 4 patties, about ½ inch thick.
2. Heat oil in a skillet. Add patties and cook, turning once to brown both sides. Cook until golden brown outside and white inside (no pink remains), about 10 minutes. Remove from heat and serve.

Recipe from: *Quick and Healthy Meals: Tips and Tools for Planning Meals for Your Family*, Ohio State University Cooperative Extension, Cuyahoga County, adapted by the USDA Food and Nutrition Administration.

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