



Mobile Teaching Kitchen



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Turkey Burger Sliders



Turkey Burger Sliders *Serves 4*

Recipe created and crafted by Shayla Leftridge in WV Health Right's COMMUNITY Wellness Teaching Kitchen

Calories: 430

Fat: 11g

Carbs: 33g

Protein: 23g

RECIPE:

Sautee onions and peppers in confit oil or olive oil and use to top burgers (salt and pepper lightly). Mix all other ingredients together (even the cheese). The cheese could be optional. Roll burgers into balls and cook on medium in a pan or on grill for about 5 minutes and then smash. Flip and cook until desired doneness and assemble.

BURGER INGREDIENTS:

- 1 lb ground turkey
- 2 oz sauteed peppers
- 2 oz sauteed onion
- 1 T. olive oil Mayo
- 1 T. garlic/onion powder
- 1 t. smoked paprika
- 2 oz. shredded mozz. cheese (optional)
- 2 t. AP burger or steak seasoning
- 1/2 t. liquid smoke
- 1 T worcestershire sauce

AVOCADO MAYO INGREDIENTS:

- 1 avocado
- 1/2 t. garlic/onion powder
- 1/2 t. AP seasoning
- 2 cups olive oil mayo