

RECIPE OF THE WEEK: PALEO EDITION

Apple Mushroom Turkey Burgers

Ingredients:

1 lb ground turkey breast
5 mushrooms, finely chopped
½ small onion, finely chopped
½ apple, finely chopped
½ tbsp butter, coconut oil, or Smart Balance spread
1 tsp lemon juice
1 omega-3 egg
½ tsp salt
Garlic powder and pepper, to taste

Instructions:

Fry onions until brown (5-10 minutes). Add apples and mushrooms and stir-fry for an additional 4 minutes. Place all of the ingredients into a large bowl and mix thoroughly. Form into 2 large patties and broil 4 inches from heat, 6 minutes on each side. The burgers are done with juices run clear after being pierced with a fork.

Nutritional Info (per serving):

367 calories
58g of protein
11g of carbs
2g fiber
7g sugar
9g fat

Prep time: 20 mins

Difficulty Level: Easy

Servings: 2

Compliments of *Gourmet Nutrition* by Dr. John M. Berardi and Dr. John K. Williams

