Turkey Patties

Serving Size: 1 patty
Yield: 4 servings

Ingredients:

1 1/4 pound ground turkey
1 cup bread crumbs
1/4 cup chopped green onion
1 Tablespoon prepared mustard
1/2 cup chicken broth
nonstick cooking spray

Instructions:

1. Wash hands.
2. Mix ground turkey, bread crumbs, egg, onions, and mustard in a large bowl.
3. Shape into 4 patties, about 1/2 inch thick.
4. Spray a large skillet with cooking spray. Add patties and cook, turning once to brown other side.
5. Cook until golden brown outside and white inside, about 10 minutes. Remove.
6. Add chicken broth to skillet and boil over high heat until slightly thickened, about 1 to 2 minutes.
7. Pour sauce over patties.
8. Serve on buns.

Cost:

Per Recipe: $ 3.51
Per Serving: $ 0.88

Adapted from: Quick and Healthy Meals, Tips and Tools for Planning Meals for Your Family
Cuyahoga County - Ohio State University Extension
Source - USDA at http://recipefinder.nal.usda.gov/