

LiveWell

## Stuffed Burgers

Yield: 6 servings



### Ingredients:

Vegetable oil cooking spray  
1 small onion, diced  
½ cup diced green pepper  
1 pound 90% lean ground beef  
1 pound ground turkey breast  
2 egg whites  
3 ounces shredded low-fat cheddar cheese  
black pepper, to taste  
6 lettuce leaves  
1 medium tomato, sliced into 6 slices  
6 whole-grain hamburger buns (1.75 ounces each)

### Directions:

1. Spray a small sauté pan with vegetable oil cooking spray and place over high heat. Once pan is hot, sauté onions and peppers until onions are soft and translucent.
2. Turn on the broiler or preheat the grill.
3. In a large bowl, mix the ground beef, turkey breast, and egg whites. Season with pepper.
4. Shape the meat mixture into 12 thin patties. Top 6 of the patties with ½ ounce of shredded cheese and about 1 Tablespoon of onion and pepper mixture per patty. Place a second patty on top and press the edges together to seal in the stuffing.
5. Broil or grill the burgers until they reach an internal temperature of 165° F.
6. Serve on buns with lettuce and tomato.

### Nutrition information per serving:

Calories: 429  
Fat: 12 grams  
Saturated fat: 5 grams

Cholesterol: 106 mg  
Sodium: 440 mg  
Carbohydrates: 28 grams

Fiber: 1.5 grams  
Protein: 44 grams

Food exchanges:  
2 carbohydrates  
5 protein