

LiveWell

Turkey burger mini skewers

Yield: 12 skewers



Ingredients:

- ½ pound ground turkey
- 1 Tablespoon minced garlic
- ½ teaspoon black pepper
- ½ cup romaine lettuce, cut in 2-inch pieces
- 12 cherry tomatoes
- 3 slices fat-free American cheese, cut into quarters

Directions:

1. Preheat oven to 375° F. In a medium size bowl, combine ground turkey, garlic, and black pepper.
2. Form meat mixture into 12 meatballs. Place on a baking sheet lined with parchment paper and bake for 10-15 minutes, or until internal temperature reaches 165° F. Remove from oven and let cool.
3. On a short skewer or toothpick, spear a cherry tomato, a piece of lettuce, a piece of American cheese, and a cooked meatball. Repeat to make 12 skewers.

Nutrition information per serving:

Calories: 38

Fat: 1.5 grams

Saturated fat: 0.5 gram

Cholesterol: 10 mg

Sodium: 75 mg

Carbohydrates: 2 grams

Fiber: 0.5 gram

Protein: 5 grams

Food exchanges:

1 protein