

Bacon-Cheddar Turkey Burgers

Ingredients:

3 Tbsp fat-free mayonnaise

1 Tbsp ketchup

2 slice bacon, uncooked, Canadian style, cut into small pieces

1 pound uncooked ground turkey breast 93/7

2 oz low-fat shredded cheddar cheese

1 tsp Worcestershire sauce

1/4 tsp table salt

1/8 tsp black pepper, freshly ground

Instructions: Spray a broiler rack with canola nonstick spray; preheat the broiler. Meanwhile, combine the mayonnaise and ketchup in a small bowl; set aside. Spray a large nonstick skillet with canola nonstick spray and set over medium heat. Add the bacon and cook, stirring occasionally, until the bacon browns and starts to become crisp, 3–4 minutes. Transfer to a large bowl and let cool completely. Add the turkey, cheese, Worcestershire sauce, salt, and pepper to the bacon in the large bowl. Form into 4 patties. Place the patties on the broiler rack and broil, 4 inches from the heat, until an instant-read thermometer inserted in the side of each patty registers 165°F, 3–4 minutes on each side. Top each burger with 1 tablespoon of the mayonnaise mixture. Yields 1 burger per serving. Notes We broil the burgers so they're ready in a flash, but you can also throw them on the grill — just make sure the grill rack is first sprayed with nonstick spray.

Serve the burgers on buns of your choice (not included in points)

4 servings @ 5 points, 7 points plus

