



Oatmeal Turkey Burgers



SERVINGS



COOKING TIME

4

-

Take to the grill with these juicy Oatmeal Turkey Burgers. Made with ground turkey, fresh vegetables, and oats, this recipe makes for a simple yet tasty addition to lunch or dinner. Get creative with your turkey burger and top with all your favorite condiments and burger toppings.

Ingredients

- 1 Pound(s) 99% lean ground turkey breast meat
- 1 Cup(s) [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 3/4 Cup(s) finely chopped onion
- 3/4 Cup(s) finely chopped red or green bell pepper
- 1/2 Cup(s) shredded zucchini (about 1 small)
- 1/4 Cup(s) Ketchup
- 2 Clove(s) Garlic, minced
- 1/2 Teaspoon(s) salt (optional)
- 1/2 Cup(s) nonfat sour cream

Cooking Instructions

1. Lightly spray rack of broiler pan with no-stick cooking spray or oil lightly.
2. Combine first 8 ingredients; mix well.
3. Shape into six burgers.
4. Place on rack of prepared pan or over medium-hot coals on outdoor grill 6 inches from heat.
5. Broil 7 to 9 minutes on each side or until golden brown.
6. Serve on buns with rounded tablespoon sour cream per serving.
7. Garnish with lettuce and sliced tomato, if desired.
8. 6 SERVINGS.