

Cranberry Spinach Turkey Burgers

Combine all ingredients in a large mixing bowl. Yeah- get your hands right in there! Form into 4 patties. Grill over medium heat until cooked through and good sear marks appear on each side. These burgers are delightful over a bed of salad greens with Newman's Own Lite Honey Mustard. A side of roasted sweet potato is great too! Turkey burgers are fine on a traditional bun, but you can also lighten the meal with collard wraps or sandwiching them between two juicy portobellos. Enjoy!

Calorie/Macronutrient Breakdown:

215 calories

5.5 grams fat

6.5 grams carbohydrate

34.5 grams protein

Summer's finally here and it is time to break out the backyard barbecue. Burgers, baby, Burgers!!!