

Turkey Patties

Ground Turkey	1 pound or 454g
Onion	1 small, finely chopped
Celery	½ cup finely chopped
White Bread	2 slices, finely chopped
Egg	1
Black Pepper	¼ tsp
Garlic Powder	½ tsp
Poultry Seasoning	½ tsp
Vegetable oil	1 tbsp



Method

1. In a bowl, mix turkey, onion, celery, bread, egg and spices.
2. Shape mixture into 4 patties.
3. In a large frying pan, heat oil over medium heat. Add patties.
Cook 4 minutes on each side.
4. Turn heat to medium low. Add ½ cup water and simmer for 8-10 minutes. Water will evaporate.

Yield: 4 servings. Each serving = 3 protein choices

Per Serving: 19g protein, 272 mg potassium, 199mg phosphorus,
333 mg sodium, 214 calories

Variation: Instead of patties, shape mixture into 20 meatballs.