

SERVES 2**INGREDIENTS:**

½ pound ground turkey (option use ground chicken)
 1 teaspoon paprika
 3 tablespoons onion, finely chopped
 ¼ teaspoon ground black pepper
 1 egg white
 1 teaspoon parmesan cheese

1 teaspoon canola oil
 2 slices white bread or 2 small buns
 plus 1 whole garlic clove
 1 50 gram Bocconcini mozzarella ball,
 sliced into 4 pieces (optional: cheese is higher in phosphorus
 Lettuce
 4 slices fire-roasted sweet red peppers
 (available in a jar)

**PREPARATION:**

1. Combine first 6 ingredients in a bowl, mix gently and form 2 patties.
2. **Cooking Method 1:** Heat oil in a pan over medium-high heat. Brown patties and cook on each side for 3 minutes.

Cooking Method 2: Bake in oven for 30 minutes at 350°F
 *use a meat thermometer to be sure the burgers are cooked - internal temp = 170°F
3. Set oven to Broil
4. Place bread on a baking sheet in the middle of the oven and roast lightly turning once. Remove from oven and rub the bread with the garlic clove.
5. Return the bread to the baking sheet and garnish each bread slice with 2 slices of fire-roasted red pepper and 2 slices of bocconcini. Broil the bread for 2 minutes or until cheese is well melted.
6. Transfer bread to a plate and garnish each with 2 leaves of lettuce and the hot burger. Serve while hot!

1 burger = 1 serving = 4 oz protein, 2 starch and 1 low potassium vegetable

Adapted from Spice It Up Spring 2011

