

## TURKEY PATTIES

4 Servings, 1 patty each

Ground turkey	1 pound + 4 ounces
Bread crumbs	1 cup
Egg	1
Green onions, chopped	1/4 cup
Prepared mustard	1 tablespoon
Margarine	1-1/2 tablespoons
Chicken broth	1/2 cup

**PREPARATION TIME: 15 MINUTES**

**COOKING TIME: 10 MINUTES**

1. Mix ground turkey, bread crumbs, egg, onions, and mustard in large bowl. Shape into 4 patties, about 1/2-inch thick.
2. Melt margarine in large skillet over low heat. Add patties and cook, turning once to brown other side. Cook until golden brown outside and white inside, about 10 minutes. Remove from skillet and place onto plate.
3. Add chicken broth to skillet, and boil over high heat until slightly thickened, about 1 to 2 minutes. Pour sauce over patties.
4. Serve on buns.

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PER SERVING:

Calories	305
Total fat	18 grams
Saturated fat	5 grams
Cholesterol	149 milligrams
Sodium	636 milligrams