

## Turkey Burgers

4 whole wheat buns  
1 lb lean ground turkey  
½ cup whole wheat bread crumbs  
¼ cup fat free milk  
2 tsp ground cumin  
1 Tbsp chili powder  
1 tsp ground fresh pepper  
½ cup chopped onion  
¼ cup chopped cilantro  
2 garlic cloves, chopped  
¼ cup sliced jalapeños  
4 fl. oz light beer (optional)

Prepare grill or broiler.

Combine whole wheat bread crumbs and milk in small bowl. Set aside for 2-3 minutes. In separate bowl, combine turkey, cumin, chili powder, pepper, onion, cilantro and garlic cloves. Add bread crumbs and beer. Mix. Place in refrigerator for at least 10 minutes.

Remove meat from refrigerator and form 4, 4 oz patties. Evenly add jalapeños to the bottom of each patty and press firmly to keep in place.

Place burgers on grill and cook each side about 4-5 minutes. Serve on whole wheat bun.

*Calories 350 Fat 10g Carbohydrates 36g Fiber 4g Protein 29g Sodium 500mg*