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Turkey Club Burger

For turkey burger:

- 12 Oz 99 percent fat-free ground turkey
- 1/2 Cup scallions (green onions), rinsed and sliced
- 1/4 Tsp ground black pepper
- 1 Large egg
- 1 Tbsp olive oil

For spread:

- 2 Tbsp light mayonnaise
- 1 Tbsp Dijon mustard

For toppings:

- 4 Oz spinach or arugula, rinsed and dried
- 4 Oz portabella mushroom, rinsed, grilled or broiled, and sliced (optional)
- 4 Whole-wheat hamburger buns

- 1) Preheat oven broiler on high temperature (with the rack 3 inches from heat source) or grill on medium-high heat.
- 2) To prepare burgers, combine ground turkey, scallions, pepper, and egg, and mix well. Form into ½- to ¾-inch thick patties, and coat each lightly with olive oil.
- 3) Broil or grill burgers for about 7–9 minutes on each side (to a minimum internal temperature of 160 °F).
- 4) Combine mayonnaise and mustard to make a spread.
- 5) Assemble ¾ tablespoon spread, 1 ounce spinach or arugula, several slices of grilled portabella mushroom (optional), and one burger on each bun.

Makes 4 Servings

