



*...from Marky Maypo's kitchen to yours*

## **Maypo Turkey Burger**

- 1 lb 99% lean ground turkey breast
- 1 cup **Instant Maypo Oatmeal**
- 3/4 cup finely chopped onion
- 3/4 cup finely chopped red or green bell pepper
- 1/2 cup shredded zucchini (about 1 small)
- 1/4 cup ketchup
- 2 cloves garlic, minced
- 1/2 teaspoon salt (optional)
- 6 whole wheat hamburger buns, split, toasted
- 1 cup nonfat sour cream
- lettuce and tomato slices (optional)

Lightly spray rack of broiler pan with cooking spray. In medium bowl combine turkey, Maypo, onion, bell pepper, zucchini, ketchup, garlic and salt. Mix lightly but thoroughly. Shape into 6 - 1/2 inch thick patties. Broil or grill patties 7 to 9 minutes on each side or until golden brown and no longer pink in center. Serve on buns with rounded tablespoon sour cream per serving. Optional garnish with lettuce and tomato.

Yield: 6 servings (serving size: 3/4 cup)

