



Jalapeño Lime Turkey Burger with Smoked Mozzarella

Topped with smoked mozzarella cheese, these juicy grilled turkey burgers are filled with bold flavor from tangy lime zest—and jalapeños for a hint of heat.

Serves 8 (1 serving = 1 burger)



Ingredients

- 2 tablespoons jalapeño,* finely diced
- juice of 2 limes and zest** of 1 lime
- 1 tablespoon freshly ground black pepper
- 1 tablespoon French's® Worcestershire sauce, reduced sodium
- 2 pounds ground turkey
- 4 tablespoons extra virgin olive oil
- 8 slices of mozzarella cheese with skim milk
- 8 hamburger buns, toasted

Nutrition Per Serving

Calories	407 cal	Carbohydrates	20 g
Total Fat	22 g	Protein	32 g
Saturated Fat	7 g	Phosphorus	399 mg
Trans Fat	0 g	Potassium	378 mg
Cholesterol	94 mg	Dietary Fiber	0.9 g
Sodium	435 mg	Calcium	273 mg

Directions

1. In a medium-sized bowl, combine the first 5 ingredients plus 2 tablespoons of olive oil. Form 8 equal-sized turkey burger patties and lightly brush them with 2 tablespoons of olive oil.
2. In a large nonstick sauté pan over medium-high heat, heat half of the canola oil on medium-high (a George Foreman® grill may also be used).
3. Cook the burgers for 5–7 minutes per side, flipping once or until an internal temperature of 165°F is reached with an instant-read thermometer.
4. Top each burger with about 2 tablespoons of cheese and melt in a toaster oven or an oven set to broil.
5. Serve each turkey burger on a toasted bun. (If using a George Foreman® grill, once cooked, unplug the grill and add cheese to the burger. Leave the grill open and allow the cheese to slightly melt.)

***Tip:** When you cut up jalapeño peppers, wear plastic or rubber gloves and do not touch your face. Or, wash your hands well with soap and water before you touch your face or eyes.

****Tip:** To zest, move a grating tool (e.g., zester, peeler, box grater) slowly back and forth across the peel. Use only the green layer of the peel and not the bitter, white pith.

Recipe provided by Fresenius Kidney Care.