

## Turkey Patties

<b>1 lb 4 oz ground turkey</b>	<b>1</b>
<b>cup bread crumbs</b>	<b>1</b>
<b>egg</b>	<b>¼</b>
<b>cup green onions, chopped</b>	<b>1</b>
<b>Tbsp prepared mustard</b>	<b>1½</b>
<b>Tbsp margarine</b>	<b>½</b>
<b>cup chicken broth</b>	

1. Mix ground turkey, bread crumbs, egg, onions, and mustard in large bowl. Shape into four patties, about ½-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 on plate.
3. Add chicken broth to skillet, and boil over high heat until slightly thickened, about 1-2 minutes. Pour sauce over patties.
4. Serve on buns.

**Yield: 4 servings**  
**Serving size: 1 patty**

**Each serving provides:**  
**Calories: 305**  
**Total fat: 18 g**

**Saturated fat: 5 g**  
**Cholesterol: 149 mg**  
**Sodium: 636 mg**