

# Oatmeal Turkey Burgers

## Ingredients

- 1 lb 99% lean ground turkey breast meat
- 1 cup Quaker® Oats (quick or old fashioned, uncooked)
- 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 tsp salt (optional)
- 1/2 cup nonfat sour cream

## How to make it

1. Lightly spray rack of broiler pan with no-stick cooking spray or oil lightly.
2. Combine first 8 ingredients; mix well.
3. Shape into six burgers.
4. Place on rack of prepared pan or over medium-hot coals on outdoor grill 6 inches from heat.
5. Broil 7 to 9 minutes on each side or until golden brown.
6. Serve on buns with rounded tablespoon sour cream per serving.
7. Garnish with lettuce and sliced tomato, if desired.
8. 6 SERVINGS.



PREP  
TIME  
10 min



COOK  
TIME  
20 min



TOTAL  
TIME  
30 min



SERVINGS  
4

## Made with



**Quaker® Oats-Old Fashioned**