

Lunch | Dinner

California Turkey Burger

10 Mins
Prep Time

10 Mins
Cook Time

4
Servings

 **420** Calories **19g** Fat **28g** Carbs **31g** Protein



Ingredients


 **4** Servings  **20 Mins** Total Time  **Allergens:** Gluten, Dairy

1 lb Ground Turkey 

4 Slices Pepper Jack Cheese

1 Cup Arugula

1 Tomato, sliced

1 Avocado, sliced 

4 Hamburger Buns

Salt and Pepper, to taste

Allergen Swap

Gluten Use a gluten-free bun

Dairy Omit cheese or use a dairy-free cheese alternative

Nourishment Note



Ground Turkey

Lean turkey can be an excellent source of protein. Protein needs may become elevated when experiencing a flare in lupus symptoms.



Avocado

Avocado is an excellent source of monounsaturated fats. These types of fats may help to reduce the risk of heart disease.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Heat Grill

Heat an outdoor grill or grill pan.

3. Grill Turkey Patties

Shape the ground turkey into four patties and season with salt and pepper. Transfer turkey patties to the grill and grill for 5 minutes on each side or until a meat thermometer reaches an internal temperature of at least 165 °F.

4. Assemble Burgers & Serve

Serve burgers topped with pepper jack cheese, arugula, tomato, and sliced avocado. Top with any other of your favorite burger toppings and enjoy!

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from [jennieo.com](https://www.jennieo.com)

What You'll Need



Grill or Grill Pan



Spatula



Cutting Board



Knife



Measuring Cup

Fatigue Buster

- Burgers can be cooked in a skillet on top of the stove instead of grilled.