Fresh Rec Stop Recipe

Turkey Burgers

Recipe from the American Diabetes Association

Ingredients

- 4 tbsp fat-free mayonnaise
- 4 tbsp barbecue sauce
- 1 lb. of lean ground turkey, salt and pepper to taste
- 4 large leaves of green leaf lettuce
- 1/2 cup fresh, diced tomatoes
- 4 rolls

Prep time:
15 minutes
Serves 4

This recipe is diabetic approved by the American Diabetes Association

Instructions

1. In a small bowl, stir the mayonnaise and barbecue sauce together
2. Preheat the grill to medium-high heat
3. Shape the ground turkey into 4 patties, about 1/2 thick. Season with salt and pepper
4. Grill the burgers on both sides for 6 minutes per side
5. Toast the rolls on the grill
6. Top the burgers with the mayonnaise sauce, lettuce and diced tomatoes and serve them on the toasted rolls

HEALTHY ST. PETE
FRESH
REC STOP

DID YOU KNOW?

Fresh produce is available for purchase at select City facilities with some items costing as little as 50 cents! Visit one near you.

- Azalea Recreation Center
  1600 72nd St. N.
- Campbell Park Recreation Center
  601 14th St. S.
- Childs Park Recreation Center
  4301 13th Ave. S.
- Frank Pierce Recreation Center
  2000 7th St. S.
- Gladden Park Recreation Center
  3901 30th Ave. N.
- J.W. Cate Recreation Center
  5801 22nd Ave. N.
- Lake Maggiore Environmental Education Center
  at Boyd Hill Nature Perserve
  1101 Country Club Way S.
- Lake Vista Recreation Center
  1401 62nd Ave. S.
- Roberts Recreation Center
  1246 50th Ave. N.
- Thomas "Jet" Jackson Recreation Center
  1000 28th St. S.
- Willis S. Johns Recreation Center
  6635 Dr. Martin L. King Jr. St. N.

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