



## ***Mini Turkey Burgers (Sliders)***

*MyPlate2Yours - Lynn Dugan*

### ***Ingredients***

1 pound lean ground turkey  
1 egg  
1/4 cup whole wheat bread crumbs (or crumbs from one slice of whole grain bread pulsed in food processor)  
1 tablespoon shredded parmesan cheese  
1 clove garlic, minced  
1 teaspoon salt  
freshly ground pepper

---

### ***Directions***

Preheat oven to 350°F. Combine ingredients in a medium bowl until well combined. Form turkey into 8 patties about 3 inches in diameter. Place patties on a greased baking sheet (or one lined with parchment paper). Bake for 8 minutes. Flip patties and bake 8-10 minutes more.

Serve on a whole grain mini bun or dinner roll. Top with lettuce, tomato and/or onion. Enjoy!