

## Avocado Turkey Burgers with Grilled Asparagus

### 4 servings

1 lb ground turkey (448 g)

4 oz Italian bread crumbs (112 g)

9 Tbls low sodium Worcestershire Sauce (126 g)

4 slices avocado

4 slices Harvarti Cheese (112 g)

1 lb grilled asparagus (448 g)

Recipe: 1817 Calories, 144 Pro, 108 Cho, 90 Fat, 2982 Na

Serving: 454 Calories, 36 Pro, 27 Cho, 23 Fat, 746 Na



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Grilled turkey burgers topped with avocado and Harvarti with a side of grilled asparagus will help you to enjoy Charleston's great weather with family and friends. Grilling is not only fun but is a healthy alternative to frying. Hand mix 16 oz / 2 cups of 99% lean ground turkey meat with, 1/2 cup of Italian bread crumbs, 9 T of Worcestershire sauce, and a dash of your favorite seasonings and herbs. My preference is garlic, cracked black pepper, and parsley.

Mix and patty into 4 (4 oz) burgers. Toss on the grill and move on to prepping your asparagus! Rinse the asparagus and snap off the "dirty" ends. In order to grill them and not lose them in the process, a fun little trick is to skewer them into "asparagus rafts". "Going healthy", brush with EVOO and sea salt. However, if you are feeling skinny and have some calories to spare, indulge yourself by drizzling a rich balsamic reduction after grilling.

Place on grill for about 5 min, or until they reach your desired tenderness. By this time, cut the center of a burger to check for pink... If no pink, you are good! Remove burgers from grill and plate with a slice of fresh avocado and overlay with a slice of creamy Harvarti cheese. Remove asparagus, plate and ENJOY!