

# The Best *Turkey Burgers*

A recipe from The Biggest Loser Family Cookbook  
modified by KC Coake and posted on [realcoake.com](http://realcoake.com)

**Servings:** 4 burgers

**Prep & Cook Time:** About 30 minutes

## **Ingredients:**

- 1lb ground turkey
- 1/2 cup Swiss/ Gruyère cheese blend - shredded
- 2 teaspoons yellow mustard
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 slices bacon - cooked
- 4 whole wheat hamburger buns - toasted
- 1 cup fresh spinach leaves
- 4 thin tomato slices

## **Directions:**

1. In a bowl, mix together the ground turkey, shredded cheese, mustard, salt and pepper. Mix until combined.
2. Heat a grill pan over medium heat.
3. Cook the burgers until fully cooked, flipping only one time to allow the cheese to ooze out and crust on the burger. This will be about 5-6 minutes per side.
4. Toast your burger buns.
5. Place spinach and tomato slice on the bottom bun. Add your burger and top with bacon slice. Add any mayonnaise, ketchup or mustard desired and enjoy!

