



# Mini Turkey Burgers

Makes: 50 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
5 lbs	ground turkey, thawed	2.27 kg
1	onion, grated	1
2-3 tsp	salt	10-15 mL
3	cloves of garlic, chopped	3
4 cups	breadcrumbs	1 L
2 tbsp	milk	30 mL
1 tsp	herbs (i.e. parsley, basil, thyme)	5 mL
2	sundried tomatoes, chopped	2
50	mini slider buns	50
	<b>Toppings:</b>	
	cheese, sliced	
	tomato, sliced	
	iceberg lettuce, sliced	
	pickles, sliced	
	ketchup, mustard	
	<b>Variation: Mini Beef Burgers</b>	
	Replace ground turkey with lean ground beef	

## Instructions

1. In a large bowl, combine turkey meat, onion, salt, garlic, breadcrumbs, milk, herbs, and sundried tomato. Form into balls (the size of slider buns) and flatten.
2. Place on a parchment lined sheet and bake for 15-20 minutes or until temperature reaches 330°F (165°C)
3. Cheese can be added a couple of minutes before burgers come out of oven, or it can be placed directly on the buns with the tomato and/or iceberg lettuce.

4. Place ketchup in small serving bowls. Teachers will serve it at the table.
5. For toddlers, it is easier to serve the burgers 'deconstructed'; burgers, buns and toppings served separately.

<b>Nutrition Information</b>
Serving 99 g
Calories 230
Fat 7 g
Saturated 1 g
+ Trans 0 g
Sodium: 450 mg
Carbohydrates: 27 g
Fibre 1 g
Sugars 4 g
Protein 13 g
Calcium 50 mg
Iron 1 mg

<b>Food Guide Servings</b>
1 Meat & Alternative