



Romulo Yanes

# Turkey Gorgonzola Burgers

1 lb lean ground turkey (93%)

3 oz Gorgonzola cheese, chopped

1/2 cup sun-dried tomatoes, drained and chopped

2 cloves garlic, minced

2 tsp cumin powder

2 tsp vegetable oil

6 100% whole-grain buns

6 Tbsp barbecue sauce

Shredded cabbage (optional)

**1.** Preheat grill to medium. Combine first five ingredients and salt and pepper to taste in a bowl. Lightly mix together and form into 6 patties. Brush them with oil.

**2.** Grill burgers for 4 to 5 minutes per side or until internal temp is 165F. Toast buns for 2 minutes. Serve burgers on buns; garnish with barbecue sauce and cabbage, if desired.

**Makes 6 servings.** *Per serving: 293 cal, 11 g fat (4 g sat), 27 g carbs, 4 g fiber, 545 mg sodium, 26 g protein*

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