



Delicious!

PREPARATION: 10 MINUTES | COOKING: 8 MINUTES | SERVINGS: 2

SMOKEY OPEN-FACED TURKEY BURGER

INGREDIENTS

1 teaspoon canola oil

Patties

½ lb ground turkey

1 teaspoon smoked paprika

*3 tablespoons yellow onion, finely
chopped*

¼ teaspoon ground black pepper

1 egg white

1 teaspoon Parmesan cheese

2 slices rustic white bread

1 garlic clove

*4 slices fire-roasted sweet red
peppers (available in a jar)*

*One 2-oz fresh part-skim mozzarella
ball, sliced into 4 pieces*

Bibb lettuce

PREPARATION

- 1** Preheat oven on low broil.
- 2** Heat oil in a pan over medium-high heat. Combine ingredients for patties in a bowl, mix gently, and form 2 patties.
- 3** Cook patties for approximately 3–5 minutes* on each side.
- 4** Place bread on a baking sheet in the middle of the oven and toast lightly, turning once. Remove from oven and rub the bread with the garlic clove.
- 5** Place the bread on a baking sheet and garnish each bread slice with 2 slices of fire-roasted red peppers and 2 slices of fresh mozzarella. Broil the bread for 2 minutes or until cheese is well melted.
- 6** Transfer bread to a plate and assemble each with 2 leaves of Bibb lettuce and a hot burger.

* Use a thermometer to be sure that the meat reaches an internal temperature of 165°F.



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Nutrient Analysis

PER SERVING

1 Burger

Renal/Diabetic exchanges:
3 Lean Meat + 1 Starch

Calories	308Kcal
Protein	23g
Total Carbohydrate	19g
Fiber	1.8g
Sugars	3g
Fat	13g
Saturated	5g
Cholesterol	71mg
Sodium	527mg
Potassium	375mg
Phosphorus	337mg
Calcium	305mg
Iron	3mg
Magnesium	41mg
Vitamin C	6mg

Diet Types

- | | |
|----------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input checked="" type="checkbox"/> Transplant |

POTASSIUM CHECK ✓

Enjoy your burger

In the warmer months of the year, nothing tastes better than a burger cooked fresh from the grill. From the smell and the first delicious bite, burgers are known as a favorite summer food. You can enjoy burgers as part of your kidney diet, just consider a few key tips to lower potassium and sodium in your meal.

Make at home: You can limit the fat content of your burger as well as unwanted sodium and potassium by making burger patties at home. Choose unseasoned, lean ground beef or turkey. Make 3-ounce patties, which are roughly the size of a deck of cards. When seasoning, use salt-free choices such as pepper, garlic, and fresh herbs.

Select the right bread: Remember portion sizes when choosing the bun. Bigger is not necessarily better. Selecting a whole wheat bun can add fiber to your meal, but read labels to ensure your choice does not have extra salt or potassium preservatives.

Choose good toppings: Burgers can be topped with lettuce, onion, and other low-potassium vegetables. Limit cheese and tomatoes. If you like mayonnaise, ketchup, or mustard, use a small amount or read labels to select lower-sodium condiments.

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