

Cheeseburger



Pictured here with Jo Jo Fries and Spicy Southern Cole Slaw

Totals for one Cheeseburger:

Calories 263 Fat 8g Fiber 5g Carbs 23g

What you'll need:

Barbecue grill

Ground black pepper

- 1 Package Jennie-O Italian flavored ground turkey
- 1 Can butter flavored cooking spray
- 1 Whole wheat 100-calorie hamburger bun

- Fat free mayonnaise
- Yellow mustard (or low calorie brown)
- Ketchup
- Lettuce
- Sliced tomato
- Sliced onion
- Dill pickles

Lawry's seasoned salt

Garlic salt

Let's get to cooking!

1. Fire up your grill to medium – high heat.
2. Take your ground turkey and divide it into 6 equal portions.
3. Form a ball out of each portion – then spray the palms of your hands with cooking spray and pat turkey balls as flat as possible to make a patty at least 3" in diameter.
4. Place all patties on the hot grill and season "up" side with all seasonings.
5. After they cook 10 minutes flip and season and allow to cook 8 minutes.
6. After 2 minutes, place hamburger bun face down on grill, along side patties, and cook 2 minutes.
7. Making sure your patty is thoroughly cooked and take everything off the grill.
8. Prepare your bun with your choice of mayo, mustard, ketchup (or all three) and then stack with lettuce, tomato, onion and dill pickles.
9. Enjoy! And then store remaining 5 patties for future burgers.

My love of fast food inspired this **Kitty's Lighter Weigh** recipe.