



Delicious!

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

SMOKEY OPEN-FACED TURKEY BURGER

INGREDIENTS

1 teaspoon canola oil

Patties

$\frac{1}{3}$ lb ground turkey

1 teaspoon smoked paprika

3 tablespoons yellow onion, finely chopped

$\frac{1}{4}$ 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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