

# Turkey and Spinach Patties



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**Serves:** 6

**Prep:** 5 minutes | **Cook:** 15 minutes

## INGREDIENTS

- 1 pound ground turkey (7% fat, 93% lean)\*
- 16 ounces frozen spinach, chopped\*
- 1/2 onion, small and finely chopped
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- black pepper (to taste)
- 3 cups brown rice

## DIRECTIONS

1. Preheat frying pan (no oil).
2. Combine all ingredients except brown rice in a large mixing bowl. Mix well.
3. Form mixture into 12 small balls. Place in frying pan and flatten into patties using a spatula.
4. Cook over medium heat until cooked on both sides.
5. Serve over brown rice.

\* Substitutions

Turkey	—>	Beef
Frozen spinach	—>	2 bunches of fresh spinach



## Nutrition Information

*Serving Size: 2 patties*

<b>Calories</b>	<b>459</b>
<b>Total fat</b>	<b>6 g</b>
Saturated Fat	2 g
Trans fat	0 g
<b>Cholesterol</b>	<b>44 mg</b>
<b>Sodium</b>	<b>307 mg</b>
<b>Carbohydrates</b>	<b>75 g</b>
Fiber	7 g
Sugars	2 g
<b>Protein</b>	<b>25 g</b>

Notes:

- If using frozen spinach, thaw before cooking by placing it in a bowl in the fridge for 1-2 days. For faster thawing, place frozen spinach in a microwave-safe bowl, and use the defrost setting on the microwave. Drain and squeeze out excess water.

Recipe source: MyPlate.gov