

Pizza Burgers

1 lb lean ground turkey or chicken
1 jar Fat free Italian dressing
1 cups spaghetti sauce or marinara sauce
4 oz sliced mozzarella cheese
4 reduced calorie hamburger buns

Extra add INS: chopped tomato, black or green olives, grilled peppers, onions, mushrooms.

Form turkey into 4 equal patties. Place in covered dish. Add $\frac{1}{2}$ bottle of Fat free Italian dressing and allow marinating a minimum of 30 minutes, preferably overnight. Place 1 cup sauce in microwavable bowl, cover. Once marinated to liking, place turkey burgers on grill and cook evenly until heated through, approximately 6 minutes on each side.

While grilling, place sauce in microwave to warm up (not boiling).

Once burgers are cooked and sauce is heated it is time to assemble. Place 1 slice of cheese on $\frac{1}{2}$ bun, burger on the other $\frac{1}{2}$ and place $\frac{1}{4}$ cup sauce on top of burger. Close the bun and enjoy.

Nutrition information per 1 burger with cheese and sauce:

Calories: 340

Fat: 10 grams

Saturated fat: 4 grams

Cholesterol: 89 grams

Carbohydrate: 25 grams

Fiber: 4 grams

Sugar: 4.5 grams

Protein: 39 grams