the frugal chef

Ground turkey is a great way to cut you fat and calorie intake. It is also very tasty. These burgers are easy to make and will be very satisfying. I used low fat cheese on them but you don't have to. Use any cheese you want. Here is what you are going to need:

1 pound ground turkey

1 tsp garlic powder

Salt & Pepper

Olive oil

4 slices cheese - I used low fat Swiss cheese

2 pita pockets, cut in half and carefully separated

4 lettuce leaves

4 slices tomato

1 avocado, sliced

2 TBS mayonnaise

1/2 TBS mustard

1 TBS ketchup

1/2 tsp Worcestershire sauce

Place the turkey in a bowl. Add the garlic powder and season with salt and pepper. Divide the meat into 4 equal portions. Form 4 patties - making a dent in the middle of one side to prevent it from swelling while cooking.

Heat a large skillet with some olive oil. Add the patties and cook until bottom is browned - about 5 minutes. Flip burger and cook for an additional 5 to 7 minutes - until meat is cooked through. Cover with cheese and allow it to melt for 1 to 2 minutes.

the frugal chef

While the meat is cooking mix the mayo, mustard, ketchup and Worcestershire sauce in a small bowl.

Carefully separate the pita halves. Spread some of the condiment on both sides of the pocket - I used only mustard for mine as I am trying to watch what I eat. Place a patty inside the pocket. Top it with a tomato slice and a lettuce leaf. Carefully arrange some avocado slices next to the tomato and serve. Enjoy!

www.http://TheFrugalChef.com

©TheFrugalChef™2010