

# GROUND TURKEY SLIDERS

**12 whole wheat buns (small)**

**1 lb ground turkey**

**3/4 cup chopped scallion**

**3/4 cup chopped cilantro**

**2-1/2 tsp orange zest**

**2-1/2 tsp curry powder**

**Salt and pepper to taste**

**\*Optional – low fat cheese**

Combine all ingredients to form 12 slider size burgers then grill or pan sear to 165 degrees. Do not undercook. Melt cheese on top if desired. Place in buns and serve.

Makes 11 – 12 sliders

*One Slider*

*Calories: 104*

*Total Fat: 5.7 grams*

*Total Carbs: 21.8 grams*

