

## **MINDFUL EATING OVER MEMORIAL DAY WITH MINI BURGERS**

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### **GRILLED MANGO TURKEY SLIDERS**

***SERVES 9-10***

#### **Turk Sliders**

1 1/2 pound ground white breast turkey or ground turkey with 7% fat (8 g fat per serving)  
pinch of coarse salt and pepper

#### **Mango Salsa**

1 ripe, fairly soft mango, chopped  
1/4 cup red onion, finely diced (about 1/2 small onion)  
1/4 cup fresh cilantro or basil, chopped  
1/2 lime, juiced  
1 clove garlic, minced  
1/4 teaspoon kosher salt  
1/8 teaspoon freshly ground black pepper  
Add all ingredients and mix.

Form the turkey into 9-10 burgers or use 1/4 measuring cup to measure out the patties. On medium heat, grill the patties 3-4 minutes on each side. Place the patties on toasted halved whole wheat buns and top with sprouts, dark lettuce and mango recipe from above.

*Nutrition per slider: 96 calories, 4 g fat, 5 g carbs, 10 g protein, 50 mg sodium, 2 g fiber.*

#### **This is another Slider Topper!**

#### **Cuc Pep Relish Slider Topping**

2/3 cup diced peeled cucumber  
1/2 cup diced red bell pepper  
1/4 cup diced red onion  
1 tablespoon fresh lime juice  
1 tablespoon honey  
1 teaspoon chopped dill  
Dash of salt/pepper and red pepper  
Combine all ingredients and chill. Over time cucumber will release liquid so use slotted spoon to serve. Use to top any burger!