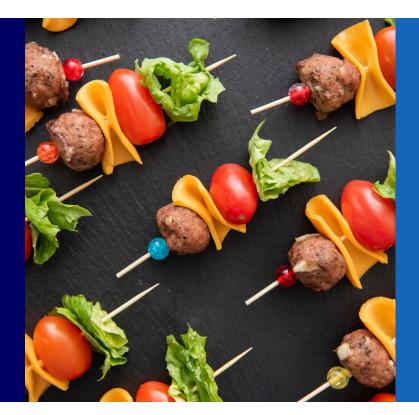
HENRY FORD HEALTH

in partnership with



LiveWell

Turkey burger mini skewers



Yield: 12 skewers

Ingredients:

- $\frac{1}{2}$ pound ground turkey
- 1 Tablespoon minced garlic
- ¹/₂ teaspoon black pepper
- ¹/₂ cup romaine lettuce, cut in 2-inch pieces
- 12 cherry tomatoes
- 3 slices fat-free American cheese, cut into quarters

Directions:

- 1. Preheat oven to 375° F. In a medium size bowl, combine ground turkey, garlic, and black pepper.
- Form meat mixture into 12 meatballs. Place on a baking sheet lined with parchment paper and bake for 10-15 minutes, or until internal temperature reaches 165° F. Remove from oven and let cool.
- 3. On a short skewer or toothpick, spear a cherry tomato, a piece of lettuce, a piece of American cheese, and a cooked meatball. Repeat to make 12 skewers.

Nutrition information per serving:

Calories: 38 Fat: 1.5 grams Saturated fat: 0.5 gram Cholesterol: 10 mg Sodium: 75 mg Carbohydrates: 2 grams Fiber: 0.5 gram Protein: 5 grams Food exchanges: 1 protein

For a demo of this LiveWell recipe, and for more wellness information, visit HenryFordLiveWell.com