

## GINGER & LEMONGRASS TURKEY SLIDERS

### Ingredients

1 (16-ounce) package Jennie-O Extra Lean Ground Turkey Breast	1 large carrot, finely grated
1 clove garlic, finely minced	1/2 cup orange juice
1 tablespoon finely chopped fresh ginger, peeled	8 whole leaves iceberg lettuce
1 teaspoon finely grated super fresh lemongrass	whole cilantro leaves, if desired
1 tablespoon chopped fresh cilantro	toasted sesame seeds, if desired
2 tablespoons low-sodium soy sauce, divided	
6 drops toasted sesame oil, divided	
1 cup shredded cabbage	

### Directions

- Heat grill on medium-high heat. In large bowl, combine turkey, garlic, ginger, lemongrass, cilantro, 1 tablespoon soy sauce and 3 drops toasted sesame oil; mix well. Form turkey mixture into tight balls approximately 2 1/2 ounces each; there should be 8 balls. Flatten them into patties about 1/2-inch thick. Brush grill lightly with oil. Place turkey patties on grates. Grill 5 to 6 minutes on each side or until well-done, 165F as measured by a meat thermometer.
- In medium bowl combine cabbage and carrot. Add orange juice, remaining 1 tablespoon soy sauce and 3 drops toasted sesame oil; mix well.
- Place turkey patty into each lettuce leaf and mound cabbage and carrot mixture on top. Garnish with cilantro and toasted sesame seeds, if desired.
- Always cook to an internal temperature of 165F.

Source: [diabeticgourmet.com](http://diabeticgourmet.com)

**WRH PHYSICIANS, INC.**  
■ ■ ■