

Low-Point Mozzarella and Zucchini Turkey Burgers

Ingredients:

- 1 lb. lean ground turkey
- 1/2 of a medium zucchini (or squash), shredded fine
- 1 Tbs. chopped onion
- 1 tsp. olive oil
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 cup reduced-fat mozzarella cheese

In a large bowl, mix ground turkey with squash, onions, olive oil, salt, and pepper. After ingredients are combined well, form 5 patties. Grill patties until desired doneness and top each patty with a little bit of shredded mozzarella. Add lettuce, tomato, and your favorite condiment, and you have yourself one delicious burger! Enjoy!

Total servings - 5

Serving size - 1

Points per serving - 4

NOTE: If you use Arnold's Sandwich Thins for the bun, the total points would be 5.3 for one burger. (If you do not have Arnold's brand sandwich thins, use a sandwich thins' brand containing 100 calories, 1 fat, and 5 fiber, per roll, to equal the same amount of points.)

This delicious recipe can be found on the website *Points In My Life* (www.pointsinmylife.com)

***"How we spend our days is, of course, how we spend our lives."
- Annie Dillard***