**Tropical Turkey Burgers**

10 servings

Ingredients

* Cooked brown rice (1 cup)
* 1 Red bell pepper, diced
* ¾  medium onion, diced
* Raw ground turkey, lean (1 lb)
* Liquid, whole egg (2)
* Fresh pineapple, diced (⅓ cup)
* Dried cranberries (4 Tbsp)
* Worcestershire sauce (1 Tbsp)
* Lettuce, 10 leaves
* Tomatoes, sliced (2)
* Salt (1/2 tsp)
* Olive oil (2 Tbsp)
* Ground black pepper (1/2 tsp)
* Whole-wheat rolls or english muffins (10, small dinner sized)
* Ketchup and mustard (only use a small amount of ketchup!)

Directions

1. Cook brown rice (or use leftover rice) and allow to sit and cool, then fluff with a fork
2. Heat olive oil, and then sauté onions for 3-4 minutes (or until translucent). Add diced bell pepper and pineapple, and sauté for an additional 3-4 minutes. Turn off heat and cool.
3. Combine turkey, whisked eggs, cranberries, Worcestershire sauce, salt, brown rice, and sauteed mixture. Mix well.
4. Portion into patties roughly the size of a deck of cards or your palm (this is 1 serving of meat).

5)     Cook on stovetop or grill until browned and no longer pink inside. Flip to cook both sides.

6)   To assemble burgers: add a small amount of ketchup and mustard to whole wheat buns, lettuce, a slice of tomato, and the turkey patty. Serve and enjoy!