

# TURKEY SLIDERS WITH AVOCADO, MUSHROOMS, & SWISS CHEESE



 4 Servings

Calories  
470 Per Serving

Fiber  
8g Per Serving

Protein  
45g Per Serving

## INGREDIENTS

8 whole-grain slider buns  
(lowest sodium available)

1 1/4 pounds ground,  
skinless turkey breast

1/4 teaspoon salt

1 cup sliced brown  
(crimini) mushrooms

Slices low-fat Swiss cheese

Small avocados (mashed with a fork)

1 medium tomato,  
cut into 8 slices (about 1/4-inch thick)

## DIRECTIONS

1. Preheat the oven to 450°F.
2. Spread the avocado over the Swiss cheese. Top with the tomato slices. Put the tops of the buns on the sliders.
3. Using four short skewers, pierce two sliders with each skewer. Serve immediately.
4. Arrange the buns with the cut side up in a single layer on a baking sheet. Set aside.  
  
Using your hands or a spoon, shape the turkey into 8 patties, each about 3 inches in diameter. (The uncooked patties will be larger than the bun and will shrink as they cook.) Sprinkle the salt over each patty.
6. Heat a large nonstick skillet or griddle pan over medium-high heat. Cook the patties for 2 to 3 minutes. Turn over the patties.
7. Cook for 2 to 3 minutes, or until the patties are no longer pink in the center and register 165°F on an instant-read thermometer.
8. Transfer the patties to the bottoms of the buns.
9. In the same skillet, cook the mushrooms over medium heat for about 3 minutes, or until soft, stirring frequently.
10. Spoon the mushrooms onto each patty. Top with the Swiss cheese. Place the baking sheet on the middle rack of the oven.
11. Bake the sliders for 1 to 2 minutes, or until the Swiss cheese is melted and the buns are heated through. Remove from the oven.