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Asian Turkey Burgers

- 2 Slices whole-wheat sandwich bread, crusts removed, torn into pieces
- 12 Ounces lean ground turkey breast
- 1 8-ounce can sliced water chestnuts, rinsed and chopped
- 2 Tbsp hoisin sauce
- 2 Scallions, trimmed and sliced
- 1 Tbsp minced fresh ginger
- 2 Cloves garlic, minced
- ¼ Tsp salt
- 1 ½ Tsp toasted sesame oil
- Sesame Mayonnaise
- 2 Tbsp reduced-fat mayonnaise
- 2 Tbsp nonfat or low-fat plain yogurt
- ½ Tsp reduced-sodium soy sauce
- ½ Tsp toasted sesame oil

- 1) To prepare burgers: Preheat grill to medium-high.
- 2) Place bread in a food processor and pulse into fine crumbs. Transfer to a large bowl. Add ground turkey, water chestnuts, hoisin, scallions, ginger, garlic and salt; mix well. (The mixture will be moist.) With dampened hands, form the mixture into four 1/2-inch-thick patties (see Tips).
- 3) Oil the grill rack (see Tips). Brush the patties with 1 1/2 Tsp sesame oil. Grill until browned and no longer pink in the center, about 5 minutes per side. (An instant-read thermometer inserted in the center should register 165°F.)
- 4) To prepare sesame mayonnaise: Combine mayonnaise, yogurt, soy sauce and oil in a small bowl; whisk until blended. Serve the burgers with the mayonnaise.

Makes 4 Servings

