Grilled Chicken

4 boneless chicken breasts
2 cup Italian dressing

In a large sealable plastic bag, or in a medium dish with lid, place chicken breasts (thawed) and cover with Italian dressing. Refrigerate for at least 30 minutes. Place chicken on the grill (indoor or outdoor) and cook to appropriate temperature.**

**To check for doneness use a calibrated meat thermometer. The internal temperature of the chicken breast should reach 180°F.

Grilled Turkey Burger Patties

1 pound ground turkey
½ cup bread crumbs
1 egg
1 small onion, chopped
2 Tbsp. prepared mustard
1 tsp. garlic powder
1 tsp. salt

Mix all ingredients in large bowl. Shape into 4 patties. Place burgers on grill (indoor or outdoor). Cook until done.**

**To check for doneness use a calibrated meat thermometer. The internal temperature of the turkey burgers should reach 160°F.
Nutrition Facts

Servings Per Recipe: 4
Amount Per Serving

Calories: 397
Total Fat: 17g
*Vitamin A: 1%
*Vitamin C: 5%
*Calcium: 3%
*Iron: 10%

*Percentage Daily Values

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Nutrition Facts

Servings Per Recipe: 4
Amount Per Serving

Calories: 256
Total Fat: 12g
*Vitamin A: 2%
*Vitamin C: 3%
*Calcium: 6%
*Iron: 15%

*Percentage Daily Values

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