



**USOC**  
SPORTS NUTRITION

## Weekly Recipe: Quinoa Turkey Patties

**Burgers are a classic American food and a favorite for summertime barbecue season. Traditional beef burgers are typically high in saturated fat, which make them less nutrient dense than other lean protein options. These patties use lean ground turkey in place of beef and have added whole grains and veggies to make for a moist and delicious patty. Since this recipe makes 6 servings, you'll have plenty for leftovers or enough to share with friends!**

### Ingredients:

*6 patties*

½ cup quinoa, rinsed  
1 cup water  
1 lb. lean ground turkey  
¼ cup chopped cilantro  
1 cup shredded carrot  
1 egg  
½ tsp. salt  
½ tsp. white pepper  
cooking spray

Optional additions:

2 cups baby spinach  
2 tsp. dressing (1 tsp. sesame oil + 1 tsp. rice vinegar)  
1 whole wheat bun

### Directions:

- 1) Add quinoa and water to pot and bring to a boil.
- 2) Once boiling, turn heat to low and cook quinoa until grains are translucent, about 10-15 minutes.
- 3) Let quinoa cool slightly, transfer to a large mixing bowl.
- 4) Add turkey, cilantro, carrot, egg, salt, and white pepper to the mixing bowl.
- 5) Stir to thoroughly combine all ingredients.
- 6) Form mixture into 6 patties about ½ in. thick.
- 7) Coat pan with cooking spray and cook on medium heat for 2-3 minutes each side, or until cooked through.
- 8) Enjoy! Have the patty chopped over a bed of salad greens or on a whole-wheat bun as a burger.

#### Quinoa Turkey Patties

Amount	1 patty
Calories	164
Fat (g)	7
Sat. Fat (g)	2
Carb. (g)	8
Fiber (g)	1
Protein (g)	17

Dairy free, Gluten free.



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Quinoa and turkey provide a lean source of high-quality protein to help repair muscles after exercise. Including high-quality protein sources in the diet is important because our bodies can readily absorb the amino acids from the foods during digestion and utilize them to build and repair muscles. In addition, turkey is rich in phosphorus, selenium, and zinc. Phosphorus works together with calcium to maintain bone health, which is particularly important for athletes who compete in weight-bearing and jumping sports. Selenium acts as an antioxidant and helps to combat oxidative damage caused by strenuous exercise. Zinc is a mineral that plays many important functions in the body including energy production during exercise, maintenance of immune health, and protein synthesis. Chronic exercise may cause zinc levels in the body to decrease, highlighting the importance of obtaining enough zinc from the diet.

