

Ingredients

Preparation time: 60 minutes

Servings: 6

- 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:**
- 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



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

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.	

USOC Sport Nutrition Team

Shawn Hueglin, PhD, RD, CSSD
shawn.hueglin@usoc.org
 Liz Broad, PhD, AdvSpDiet
elizabeth.Broad@usoc.org
 Alicia Kendig, MS, RD, CSSD
alicia.kendig@usoc.org
 Susie Parker-Simmons, MS, M.ed
susie.parkersimmons@usoc.org

Jasmine Chu, MS - Author

Cooking Tip

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 for a moist and delicious patty.

Performance Facts

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.

