**TURKEY BURGER**

- ¼ cup green onions, chopped
- 2 tbsp fresh orange juice
- 1 tbsp low-sodium soy sauce
- 1 tsp finely peeled fresh ginger, chopped
- 1 garlic clove, minced
- 1 lb ground turkey breast

Prepare skillet. Combine green onion, orange juice, soy sauce, ginger, garlic, ground turkey in a large bowl. Divide into 4 equal portions, shaping each into a ¾ inch thick patty. Place patties on skillet coated with cooking spray; grill for 6 minutes on each side or until done. Spread favorite sauce over buns, add patty and additional toppings.

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**CHICKEN + BROWN RICE PILAF**

- 3 slices turkey bacon, chopped
- 6 small boneless skinless chicken breast, halved (1-½ lbs)
- 1 onion, chopped
- 1 red pepper, chopped
- ¾ lb fresh sugar snap peas, cut diagonally in half
- 2 tbsp water
- 2 cups cooked brown rice
- 2 tbsp parmesan cheese, grated
- 3 tbsp parsley

Cook bacon in a large skillet on medium heat for 5 minutes or until crisp. Remove bacon from the skillet and drain on a paper towel. Pat to remove excess fat. Discard fat from skillet. Add chicken to the skillet and cook for 5-6 minutes on each side until golden brown. Transfer chicken to a plate and cover to keep warm.

Add onions and pepper to skillet. Cook about 3 minutes stirring. Stir in snap peas and water. Simmer for 4-5 minutes or until vegetables are crisp-tender. Stir in rice to mix. Serve rice topped with the chicken, cheese, parsley and bacon.