**Turkey & Cheddar Sliders**

**Ingredients**

* 4 cups baby spinach, chopped
* 4 scallions, thinly sliced
* 1 garlic clove, minced
* 1 pound ground turkey
* ¾ teaspoon cumin
* Pinch of salt & pepper
* 2-3 tablespoons olive oil
* 4 tablespoons shredded cheddar cheese
* 1 tomato, thinly sliced
* Slider buns or whole wheat toast

**Directions**

1. Combine the spinach, scallions, garlic, turkey, cumin, salt, and pepper in a mixing bowl. Use a fork to gently combine the ingredients.
2. Heat a large skillet on medium while you form the turkey mixture into about 12 patties, each ½ inch thick.
3. Add the olive oil to the pan and carefully cook the patties, being careful not to overcrowd the pan. Work in batches and cook them for about 5 minutes on each side, until the patties are golden brown. Try not to push down on the sliders while cooking; it may cause them to fall apart.
4. Use a thermometer to check that the sliders have reached an internal temperature of 165° F. Transfer to a plate and top patties with a sprinkle of cheddar cheese. Cover the plate with tin foil to melt the cheese.
5. Serve sliders on a bun or toast with sliced tomato.

**Serves:** 4 ● **Serving Size:** 3 patties ● **Prep time:** 10 minutes **Cook time:** 15 minutes

**Supplies**

* Measuring cups & spoons
* Mixing bowl
* Knife & cutting board
* Fork or spoon (for mixing)
* Large skillet
* Spatula
* Thermometer
* Tin foil
* Plate

**Chef Tips**

* Use lean ground beef instead of ground turkey
* Use frozen spinach -- simply defrost ahead of time and squeeze to remove excess moisture
* Add chopped fresh herbs such as oregano to the mixture
* Substitute curry for cumin
* Experiment with different types of cheeses
* Serve over brown rice with salad for an even healthier option

***Nutrition Facts Per Serving:*** *421 calories, 15 g Fat, 40 g Carbohydrate, 35 g Protein, 498 mg Sodium*