

Turkey Burgers

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A healthy and delicious alternative to traditional beef burgers, these turkey burgers are perfect for family dinners or summer barbeques. The natural flavor of turkey is complimented with spices to make a memorable meal. Top with lettuce and onion, or try alternatives like smoky havarti cheese and grilled vegetables for a truly gourmet experience.

Ingredients:

3 lbs ground turkey
¼ seasoned bread crumbs
¼ c onion, finely diced
1 tbsp olive oil
2 egg whites, lightly beaten
¼ c. chopped fresh parsley
4 clove garlic, peeled and minced,
1 tsp salt
¼ tsp ground black pepper
1 tsp minced fresh thyme
1 tsp minced fresh rosemary
1 tsp minced fresh sage

Directions:

1. In small skillet heat olive oil over medium heat. Add minced garlic and onion and sautee until soft and translucent. Set aside.
2. In large bowl combine turkey, bread crumbs, and egg whites, Mix until combined. Add sauteed garlic and onions, fresh herbs, and salt and pepper. Form into 12 patties.
3. Cook in a medium skillet over medium heat, or place on grill over a medium heat, turning once. Burgers should read an internal temperature of 180 degrees F (85 degrees C).

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