



# Turkey Burgers

Prep time: 10 min

Cook time: 30 min

Makes 4 burgers

## INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, diced
- 1/2 teaspoon minced garlic
- 1 pound ground turkey
- 1/2 cup cheddar cheese, shredded
- 1 teaspoon of seasoning of your choice (basil, oregano, etc.)- optional
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 hamburger buns
- Burger toppings of choice, such as lettuce, tomato, avocado, and onion

### Serving suggestions:

- Make it a lettuce wrap: Use two large lettuce leaves to wrap the burger and toppings instead of using a hamburger bun.
- Make it a salad: Serve the patties with a green salad and your favorite dressing.

## DIRECTIONS



Start with clean hands!  
Wash your hands with soap and water.

1. Add olive oil to a frying pan and turn heat to medium-low. Add onion and sauté for 5-7 minutes.
2. Add garlic to pan and sauté for another 2 minutes.
3. Turn off heat and move onions and garlic to plate to cool.
4. In large bowl, combine ground turkey, shredded cheese, optional seasonings, salt, pepper, and cooled onions and garlic.
5. Mix turkey mixture with hands. Divide mixture into 4 equal portions and roll into balls, then flatten balls to form burger patties. Place burger patties on a plate and refrigerate for 10 minutes. Wash hands.
6. Heat the same pan used earlier over medium heat. Add burger patties to pan and cook for 4-5 minutes on one side. Do not move burgers while cooking!
7. Flip and cook burgers for another 4-5 minutes on the second side. Use a meat thermometer to check the temperature of the center of a burger. If necessary, cook burgers longer until each patty is at least 165 degrees F.
8. Place burgers on buns, top with your favorite toppings, and enjoy!