

Turkey Burgers

Prep time: 10 min Cook time: 30 min Makes 4 burgers

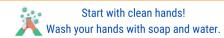
INGREDIENTS

- 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



- 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!





