

TURKEY BURGERS

Bon Appetit Magazine

comments

You can grill these, or sauté them in a skillet. They're great with buns, or served without. Add a slice of sweet onion and tomato, maybe even some alfalfa sprouts or pickle relish to top it off.

notes

Makes 3-4 large patties.

prepare in advance

| | Ingredients |
|---------------------------------------|--|
| Have ground, or grind your own | 1 lb. fresh ground turkey |
| Chop | 4 green onions 3 T fresh dill or 3 tsp. dried dill weed |
| In food processor create | 1 cup fresh whole wheat breadcrumbs (approximately 2-2/3 slices makes a cup) |
| Measure | 3 tsp. Dijon mustard 2 egg whites, beaten to blend 1/2 tsp. salt 1/2 tsp. ground pepper |
| Optional toppings for serving | Buns Sliced tomatoes Sliced sweet onions Alfalfa sprouts etc. |

complete recipe

Combine all ingredients in a large bowl.

Use hands and mix thoroughly.

Shape into three or four 4-inch diameter patties, about 1/2 inch thick. (You may wish to make smaller patties.)

Grill burgers, about 6 minutes per side, or cook in a skillet with a little oil; be sure they are well done.