

# The Best Turkey Burger

Turkey burgers can be drier so we added an egg to ours to help it hold together and give it added moisture. We also use 94 percent lean ground turkey and don't recommend any higher than that or the burgers might not hold together.

## Can I add different stuff to mine?

Absolutely! *Don't have Worcestershire? Use low sodium soy sauce or even liquid smoke! Add some finely chopped shallots in with your garlic or swap out the parsley for any herbs you have on hand. You can also add more seasonings like paprika, chili powder, or ground mustard. This burger is flexible!*

## Can I grill it?

Yes, you can! If summer is calling, heat up your grill and cook your burgers outside. Char is always welcomed on burgers.

**YIELDS:4**

**PREP TIME: 5 MINS TOTAL TIME: 20 MINS**



## INGREDIENTS

- 1 lb. ground lean turkey, or turkey breast
- 1 large egg, beaten
- 2 cloves garlic, minced
- 1 tbsp. Worcestershire sauce
- 2 tbsp. freshly chopped parsley
- Kosher salt
- Freshly ground black pepper
- 1 tbsp. extra-virgin olive oil
- Hamburger buns
- Lettuce
- Sliced tomatoes
- *Feel free to Add your own spices !*

## DIRECTIONS:

1. In a large bowl, mix together turkey, egg, garlic, Worcestershire sauce, and parsley, then season with salt and pepper.
2. Form mixture into four flat patties—4 oz each!
3. In a medium skillet over medium heat, heat oil. Add patties and cook until golden and cooked through, 5 minutes per side. Serve on a bun (or low carb \* use lettuce) with desired toppings.