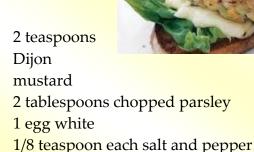


## **Herbed Turkey** Burgers

Yield: 4 Servings

## **Ingredients:**

1 1/4 pounds boneless turkey thighs
1 small yellow onion
2 cloves garlic, finely chopped
1 small sweet green pepper, finely chopped
1/2 cup fresh bread crumbs



## **Directions:**

- 1. Using your fingers, remove the skin from the turkey thighs.
- 2. Cut off any visible fat and cut the meat into small pieces. Either place the turkey in the work bowl of a food processor and finely chop, scraping down the sides occasionally, or finely chop the turkey by hand.
- 3. Chop the onion in the food processor or by hand. Transfer to a bowl. Add the garlic and pepper, and toss to combine.
- 4. Add the bread crumbs, mustard, parsley, egg white, salt and pepper. Add the turkey and stir to combine.
- 5. Preheat the broiler, setting the rack 5 inches from the heat. Divide the mixture into quarters and form each into a round, compact patty.
- 6. Arrange the turkey patties on the broiler rack and cook them 6 to 7 minutes on each side or until cooked through.

**Nutritional Information:** Per serving: Calories 178, Total Fat 5 g, Saturated Fat 2 g, Sodium 139 mg, Cholesterol 78 mg, Protein 25 g, Carbohydrates 6 g, Dietary Fiber 1 g

**Source**: Cooperative Extension Service, www.extension.org

