



Herbed Turkey Burgers

Yield: 4 Servings

Ingredients:

1 1/4 pounds boneless turkey thighs	2 teaspoons
1 small yellow onion	Dijon
2 cloves garlic, finely chopped	mustard
1 small sweet green pepper, finely chopped	2 tablespoons chopped parsley
1/2 cup fresh bread crumbs	1 egg white
	1/8 teaspoon each salt and pepper



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



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