



Herbed Turkey Burgers

Ingredients

- Makes 8 to 10
- 2 pounds ground turkey
- 2/3 cup minced onion
- 1/4 cup fresh basil leaves, finely chopped
- 1/4 cup fresh parsley, finely chopped
- 1 teaspoon fresh ginger, minced
- 1 tablespoon garlic, minced
- 1/2 teaspoon sea salt
- 1 teaspoon crushed fennel seeds
- 1 teaspoon dried oregano
- 1/8 teaspoon red pepper flakes

Nutrition Info

Per serving: 142 calories, 8g fat, 2g sat fat, 1g carbohydrates, 16g protein, 181mg sodium, 0g fiber

Directions

1. In a large bowl, combine the turkey, onion, basil, parsley, ginger, garlic, salt, fennel, oregano and red pepper flakes. Mix well. Shape into desired sizes of patties.
2. In a sauté pan, add just enough olive oil to coat a large frying pan.
3. Sauté over medium heat for about 3 minutes on each side to brown, about 6 minutes.

Serve open-faced or on a roll of your choice.

Grocery List

2 pounds fresh ground turkey

1 medium onion

1 small package fresh basil

1 small piece fresh ginger

3 large cloves garlic

Dried herbs used:

Fennel seeds

Oregano

Red pepper flakes

Optional: rolls

Items not counted in the ingredients are regular pantry items such as oils, dried herbs, spices and condiments.

**For more tasty recipes visit our website
www.goodharvestmarket.com**



2205 Silvernail Road

Pewaukee, WI

262-544-9380