



Recipes

Poultry

Turkey Burgers

Prep Time: 15 minutes

Yield: 6 servings

Ingredients:

- 2 pounds lean ground turkey breast
- 1 free range organic egg
- 1 tablespoon extra virgin olive oil
- 1 small shallot, chopped
- 1 garlic clove, minced
- 1 teaspoon freshly ground black pepper
- 1 teaspoon dried oregano
- 1 medium beefsteak tomato, sliced
- ½ small red onion, sliced into four 1/4-inch slices
- 1 small head Bibb or butter lettuce

Directions:

1. Preheat oven to broil. Combine turkey with egg, oil, shallot, and garlic. Mix well and shape into six patties. Season with pepper and oregano.
2. Broil patties for five minutes on each side. Remove from oven and serve topped with tomato and onion. Place inside lettuce.
3. Enjoy!!