



## Turkey Breast Burgers

### INGREDIENTS:

½ pound	Turkey breast, ground
½ cup	Onion, diced
½ teaspoon	Garlic powder
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½ teaspoon	Cumin
2 Tablespoon	Cilantro, chopped fine
½ teaspoon	Salt
¼ teaspoon	Pepper
1 each	Egg
¼ cup	Panko (optional if mixture is too wet)

### PREPARATION:

- Preheat grill, cast iron skillet, or George Foreman grill to a medium heat.
- Mix ingredients in medium size mixing bowl.
- Spray non-stick cooking spray on the grill, or cast iron skillet.
- Patty the ground turkey breast mixture into 2- 4 ounce patties, or 4 – 2 ounce patties.
- Place patties on the grill and cook for about 5 minutes on each side. Depending on the thickness of the patty will determine cooking time.
- Serve warm with your favorite condiments such as; 2% sharp cheddar cheese, pico de gallo, sautéed mushrooms and onions, or even a Dijon mayo.

**\*Chef's Note:** *To prevent drying out your turkey burger, make sure you do not over cook your burger. Use a thermometer and make sure the burger reaches 160 degrees, then let the burger rest. The burger should carry over cook to 165 degrees which is perfectly done poultry. No more dry burgers!*

<b>Number of servings:</b>	<b>2 or 4</b>
<b>Serving Size:</b>	<b>4 oz cooked breast</b>
<b>Calories per serving:</b>	<b>170</b>
<b>Fat Grams per serving:</b>	<b>1.5</b>

