

Turkey Burgers

Sharon Benedict

Home & Harvest, Healthy Eating on Rotation

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An easy Day 4 recipe for great tasting burgers

Day 4 Rotation, Meats

Servings: 6

Yield: 8 unit

1/4 cup Cilantro, chopped (can substitute 2 t. Coriander if you don't have Cilantro; but best with cilantro)

1/2 teaspoon sea salt

1 1/2 teaspoons marjoram

1 teaspoon thyme

1/4 teaspoon ginger

1/2 teaspoon turmeric

1/4 cup celery, very finely chopped

1/2 teaspoon cumin

1 cup cabbage, finely chopped

1 pound turkey, ground, lowfat if possible



Blend all spices and herbs together. Drop celery and cabbage in with ground turkey. Initially mix together. Then add the spice/herb mix.

Mix until thoroughly blended. Feel free to use your hands to mix. If you want more celery, add another 1/4 cup. Turkey burgers will have a crunchier texture. And cabbage adds a wonderful flavor.

Make turkey mix into 6 burger size patties (or 8 sausage size patties). Place on an indoor grill or pan to cook or bbq the burgers.

Preparation

Time: 30 minutes

Start to Finish
Time: 45 minutes

Per Serving
(excluding unknown items): 123
Calories; 6g Fat
(47.7% calories from fat); 14g
Protein; 2g
Carbohydrate; 1g
Dietary Fiber; 60mg
Cholesterol; 238mg
Sodium.
Exchanges: 0
Grain(Starch); 2
Lean Meat; 0
Vegetable; 0 Fat.