



Turkey Burger

Ever wonder how to get a turkey burger to be moist, juicy and delish? Here's how.

Well, since I have had my share of gross, dry, over-cooked turkey burgs and vowed I was done ever eating them again, I challenged my husband to change my mind. Welp, he did just that. Lots of ingredients but super simple to make. And, yes, it yummy and moist and flavorful AND healthy because he adds veggies. These are the secret ingredients! Give them a try and let me know what you think!

INGREDIENTS

- 1 lb 99% fat free ground turkey
- 5 baby bella mushrooms; finely diced
- 3 tablespoons red bell pepper; finely diced
- 3 tablespoons onions; finely diced
- 4 grape tomatoes; finely diced
- 2 tablespoons parsley; finely chopped
- 1 tablespoon tomato paste
- 1 teaspoon garlic powder
- Salt and pepper to taste
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1-2 tablespoons Worcestershire sauce
- *optional - additional sautéed onions

DIRECTIONS

Sauté diced veggies, parsley, tomato paste, garlic, salt and pepper with the olive oil, on medium-high heat until soft. Flash with balsamic vinegar. Let simmer for 2 minutes on low heat. In a large bowl, combine this mixture with the ground turkey meat until all ingredients are evenly distributed. Divide into 4 patties. Brush Worcestershire sauce liberally onto each patty. Place patties on baking sheet. Broil until tops begin to turn brown, approximately 2 minutes. Then turn oven down to 350 and bake until patties are cooked thoroughly. Top with sautéed onions if desired. Makes 4 patties; 200 calories each.