

Turkey Burger Recipe

Ingredients

10 oz. ground turkey (93% lean)
1/2 medium shallot, minced (about 1 1/2 Tablespoon)
1/4 teaspoon Seasoned Salt
1/4 teaspoon Kosher Salt
1/8 teaspoon Garlic Powder
1/4 teaspoon fresh ground black pepper
1 teaspoon Light Mayonnaise
1/4 teaspoon Tabasco Chipotle Sauce
1/4 teaspoon Worcestershire Sauce

Directions

Mix all ingredients into ground turkey (using your hands seems to work best).
Divide mixture in half and form into 2 patties.
Heat grill to medium high. Would also work well in a skillet/grill pan on the stove top.
Spray grill with some cooking spray so the burgers don't stick.
Cook burgers 7 1/2 minutes on each side. Serve.

Makes 2 burgers.

Serve on top of a lettuce leaf.

*It would also work well making slightly smaller burgers with 1 lb. of meat yielding 4 burgers.

Number of Servings: 2

Nutritional Info:
Carbohydrates: 1.7g per serving