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Wellness Ideas for Everyday Living.

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Turkey Burgers

Makes 6, 6 oz burgers

Ingredients:

2 1/4 lbs ground turkey
1/2 large red onion
2 cloves garlic
1/2 large red apple
1 tbsp grapeseed oil
1 tsp sea salt
1 tsp dried thyme
1 tsp dried mustard

Directions:

1. Finely chop (or lightly process in a blender) onion, garlic, apple. Add salt, thyme, mustard. Sauté in oil for 10 minutes or until soft. Let cool.
2. Lightly mix ground turkey with cooled mixture. Form into 6 patties.
3. Grill on medium for 5 to 7 minutes on each side or until no longer pink inside.