

Turkey Burgers

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Category: Entree

Servings: 6

Preparation Time: 30 min

Cooking Time: 8 min

A note before you start:

This recipe can be made with ground meat of your choice. You may also substitute any preferred vegetables as well. The cook time is for grilling: 3-4 minutes per side.

Ingredients:

1 lb of ground turkey

1/3 cup of shredded carrot

1/3 cup of finely chopped spinach (or kale)

1/2 cup of chopped cotija or feta cheese

1/2 cup of bread crumbs

1 tsp salt

1/2 tsp of garlic powder

1/2 tsp of onion powder

1 extra large egg

Step 1: In a large mixing bowl add all of the ingredients except the egg and mix gently to incorporate.

Step 2: In a separate small bowl, beat the egg and then pour it over the turkey mixture and gently mix it in.

Step 3: Form into six patties and freeze in individually wrapped packages.

Buon Appetito!



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