



TURKEY BURGER

MATERIALS:

Cutting board
Large skillet with lid
Measuring cups
Measuring spoons

Medium bowl
Sharp knife

INGREDIENTS:

¼ small bell pepper
¼ small red onion
1 pound lean ground chicken, turkey, or beef
1½ teaspoons garlic powder
1½ teaspoons onion powder
½ teaspoon dried parsley flakes
1 teaspoon ground black pepper
½ teaspoon salt
1 Tablespoon canola oil
¼ cup water

Serves: 4; 1 burger per serving

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DIRECTIONS:

1. Peel onion. Rinse and finely chop bell pepper and onion.
2. In a medium bowl, combine bell pepper, onion, ground meat, garlic powder, onion powder, parsley, salt, and pepper.
3. Divide mixture into 4 pieces. Form pieces into patties about 4 inches across.
4. In a large skillet over medium heat, heat oil. Add burgers. Cook until browned on both sides, about 5 minutes per side. Add water to the pan. Cover and cook until the burgers reach 165°F, about 10 minutes more.

Chef's Notes:

- Serve on whole wheat buns with lettuce, tomato, and onion. Or, pair with a tossed salad.
- Cut leftover bell pepper into strips. Add to a tossed salad or enjoy with a healthy dip.