

Simple Turkey Burgers

Prep Time: 5 minutes

Cook Time: 10 minutes

PANS/EQUIPMENT: 1 bowl, 1 large skillet or broiler

Number of Servings: 4-6, depending on ages

PREHEAT: burner to medium or broiler

1 lb. ground turkey, Plainville Farms KKA*

1/2 tsp cayenne, more if desired

1 TBsp Parmesan cheese

1/2 tsp. sea salt

Mix well together. Form medium to small burgers. Put in heated pan or under broiler. Flip sides when partially cooked. TIP: for moist burgers, gently cook in pan with lid on. The juices then intermingle - delish!

OPTIONS: Replace Parmesan cheese with grated mozzarella cheese, sprinkling a little on top. Add oregano flakes.

3+ God-made Food Colors: brown, red, white, + green

3+ Food Groups: poultry, spices, dairy + herbs

PERFORMANCE RATING: 3+/3+

Though this recipe does not have a very high performance rating, it is a low-calorie, high protein and mineral entree. These burgers are fast, easy and inexpensive to make and Kid Critics loved them. You can make them more interesting by adding oregano and other herbs, bread crumbs and eggs for more of a meatloaf approach. Ground turkey is light and very versatile. Make sure it is on your weekly grocery list!

***KKA** means awarded the Kid Critics Approved Seal

Please send us your recipe ideas
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