

## Turkey Burgers

PREP TIME: about 15 minutes

COOKING TIME: about 15 minutes

PREHEAT: Grill, medium temperature

BOWL: Large

**1 egg, beaten**

**1/4 cup roasted peppers, finely chopped**

**2 scallions, finely chopped**

**2 Tbsp parsley, fresh finely chopped (1 Tbsp dried)**

**1/2 tsp dry mustard**

**1/2 tsp sea salt**

**2 Tbsp Parmesan cheese, grated**

**1/3 cup bread crumbs – optional**

Mix together in a bowl.

**1 1/4 lb ground turkey, half dark/half white**

Add to mixture in bowl. Mix gently and thoroughly. Shape into 1 inch thick patties. Cook for 7 minutes on each side – depending on thickness.

**2 Tbsp Parmesan Cheese, grated**

Sprinkle on top of burger. Serve.

OPTION: Shape into meatballs or meatloaf.

**5 Naturally Sourced COLORS:** yellow, red, white, green, brown

**5 Food Groups:** eggs, vegetables, dairy, poultry, grains

This was the runner up in the Dinner Recipe contest. So easy to make. Prepare and cook enough for left overs for casseroles, scrambled eggs (omelet), or chopped up for a sandwich with some cheese and lettuce. Ground turkey is a cost efficient food with lots of nutrients. Make it a weekly staple in your home. Side note: All blood types do well with turkey!