



Turkey Burgers

INGREDIENTS for the Burgers

1 pound ground turkey
1 tablespoon dijon mustard
1 teaspoon ground pepper
1 teaspoon onion powder
½ teaspoon salt

½ teaspoon paprika
½ teaspoon garlic powder
¼ teaspoon cayenne pepper (optional)

Toppings

4 Ezekiel Buns
Lettuce
Tomatoes
Toppings of your choice

Instructions:

In a large bowl, gently mix burger ingredients until just combined. Be careful not to play with the meat too much or your burgers will be tough. Divide mixture into 4 equal sizes and gently form into patties.

Preheat grill to medium-high heat, or preheat a nonstick skillet over a medium heat on the stove.

Lightly spray the grill or skillet with olive oil, and then cook the patties for 4-6 minutes per side, or until the center is no longer pink and the internal temperature reaches 160 degrees.

Assemble your burgers, and enjoy.