Basic Recipe #3: Turkey Burgers Creating Safe Recipes Activity

# **Ingredients (makes 4 burgers)**

* 1 pound 93% lean ground turkey
* 1 tbsp plain dry breadcrumbs
* ½ tsp salt
* ¼ tsp coarse ground black pepper
* ¼ tsp (heaping) garlic powder
* ¼ tsp (heaping) onion powder
* 2 tbsp mayonnaise
* 2 tsp Worcestershire sauce
* 1 tbsp olive oil
* 1 large tomato, sliced
* 4-8 slices of lettuce
* Ketchup and mustard to taste
* 4 hamburger buns

# **Instructions**

1. Slice tomatoes and lettuce.
2. Add ground turkey to a medium mixing bowl. Sprinkle in breadcrumbs, salt, pepper, garlic powder, and onion powder. Add mayonnaise and drizzle in Worcestershire sauce.
3. Gently toss and break up meat mixture to evenly blend. Divide into 4 equal portions and shape into patties about 1/2-inch thick.
4. Preheat olive oil in a 12-inch non-stick skillet over medium-high heat for a few minutes.
5. Add turkey patties and sear until golden brown on bottom, about 4 - 5 minutes, flip and continue to cook until cooked through, about 4 - 5 minutes longer.
6. Serve warm in hamburger buns with toppings of choice.

\*Recipe adapted from Cooking Classy’s “Turkey Burgers”