



Family Food Experts

Home of the Kid Kritics Approved Seal



Turkey Burgers

PREHEAT: Grill, medium temperature

PANS/EQUIPMENT: large mixing bowl

PREP TIME: 15 minutes

COOK TIME: about 15 minutes

NUMBER OF SERVINGS: 5 or more depending on ages

1 egg, beaten

1/4 cup roasted peppers, finely chopped

2 scallions, finely chopped

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

1/2 teaspoon dry mustard

1/2 teaspoon sea salt

2 Tablespoon Parmesan cheese, grated

1/3 cup bread crumbs (optional)

Mix together in a bowl.

1 1/4 pound ground turkey, half dark/half white (raised without antibiotics!)

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 Tablespoons Parmesan Cheese, grated

Sprinkle on top of burger. Serve.

OPTIONS: Shape into meatballs or meatloaf.

COMMENTS: *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!*

5 FOOD COLORS: yellow, red, white, green, brown

5 FOOD GROUPS: eggs, vegetables, dairy, poultry, whole grains

GROCERY LIST:

- Egg (cage-free)
- Roasted peppers
- Scallions
- Fresh or dried parsley
- Dry mustard
- Sea salt
- Parmesan cheese, grated
- Bread crumbs (optional)
- 1 1/4 pound ground turkey, half dark/half white (raised without antibiotics! Shelton's & Organic Prairie are KKA)