

# Turkey Burgers

from Leah Smith

*For every pound of ground turkey, add:*

½ cup bread crumbs  
3 T. finely chopped onions (I like to use red ones)  
2 T. ketchup  
1 T. lemon juice  
1 t. Worcestershire sauce  
1 t. soy sauce  
½ t. paprika  
¼ t. Tabasco sauce

I also like to add some finely chopped parsley for color (about ¼ cup)

I mix the wet ingredients in a small dish and then use my hands and some food service gloves to mix the bread crumbs, turkey and wet ingredients. The gloves then come in handy when forming patties! I get 4-5 patties to the pound.

Formed, uncooked patties freeze very well! You can thaw first, or cook from frozen (allow extra time).

Grill about 5 minutes a side.