

RECIPE OF THE WEEK

Grilled Turkey Burger

Ingredients

For Turkey Burger

3 Ounces ground turkey
¼ Teaspoon dry basil
¼ Teaspoon dry oregano
¼ Teaspoon Lawry's season salt
¼ Teaspoon cumin
¼ Teaspoon chili powder
¼ Teaspoon granulated onion
¼ Teaspoon granulated garlic
Black pepper to tast

Mushrooms

1 Tablespoon olive oil
4 Button mushrooms (sliced)
Salt and pepper to taste

For Burger Additions

1 Slice of red onion
1 Slice of tomato
3 Iceberg lettuce leaves
1 Ounce mustard
1 Ounce mayonnaise
1 Slice provolone cheese (For Maintenance)



Preparation

1. For turkey burger, combine all ingredients and form into a hamburger patty.
2. Grill until cooked through and set aside.
3. For mushrooms, heat oil in a pan.
4. Add mushrooms and season with salt and pepper.
5. Sauté until tender.
6. Use the lettuce leaves to replace buns and assemble all ingredients.

