

JALAPENO AND SUNDRIED TOMATO TURKEY BURGER



SERVING SIZE

4



INGREDIENTS

ITEM

Extra Lean Ground Turkey
Jalapeno Pepper, seeded and finely chopped
Garlic Cloves, minced
Sundried Tomatoes, chopped
Fresh Parsley, chopped
Onion Powder

QUANTITY

1 Lb.
1
2
½ Cup
¼ Cup
½ Tsp.

ITEM

Smoked Paprika
Ground Cumin
Ground Coriander
Cayenne Pepper
Kosher Salt
Ground Black Pepper

QUANTITY

½ Tsp.
½ Tsp.
½ Tsp.
¼ Tsp.
¼ Tsp.
⅛ Tsp.



PREPARATION

- In a large bowl, mix all ingredients together until well combined.
- Divide the mixture into 4 equal portions and shape them into burger patties.
- Heat a skillet or grill pan over medium-high heat.
- Add a drizzle of olive oil if using a skillet.
- Cook the patties for about 5-6 minutes on each side, or until fully cooked.
- Serve the patties on a bun or lettuce wrap with your choice of toppings. Enjoy!