

BUFFALO TURKEY BURGER



SERVING SIZE

4



INGREDIENTS

ITEM

Ground turkey
Shallot, finely diced
Celery, finely diced
Freshly ground nutmeg

QUANTITY

1 lb
1 large
1 stalk
1 tsp.

ITEM

Grill seasoning
Oil
Buffalo sauce (or to taste)

QUANTITY

2 tsp.
1 tbsp.
4 tbsp.



PREPARATION

- In a bowl, mix ground turkey, shallot, celery, nutmeg, and grill seasoning. Form into 4 equal-sized patties.
- Heat oil in a skillet over medium heat. Add the turkey patties and cook for 4-5 minutes per side, until cooked through and golden brown.
- During the last minute of cooking, brush buffalo sauce over the patties and let it warm through.
- Remove from the skillet and serve immediately, topped with extra buffalo sauce if desired.