



Turkey Burgers

Yield: 5 Servings

Cost Per Serving: \$1.22

Cook Time: 20 minutes

Ingredients:

- 1 lb. ground turkey
- 1 large egg (beaten)
- 1 Tbsp Worcestershire sauce
- 1 Tbsp Italian seasoning
- ½ tsp garlic powder
- ½ tsp ground pepper
- 5 whole grain hamburger buns

Optional Toppings: cheese, lettuce, sliced tomatoes, onion, light mayo, ketchup, mustard, etc.

Directions:

1. Mix turkey, egg, Worcester sauce, Italian seasoning, garlic powder, and pepper in a large bowl until well combined.
2. Using your hands, form mixture into 5 patties.
3. Cook on preheated grill until center reaches internal temperature of 165 °F, *about 5-7 min per side*.
4. Serve immediately on bun and with toppings of choice.

Recipe adapted from: Eatingbirdfood.com

*Based on Walmart prices 07/23