



Turkey Burgers + Chopped Salad

Ingredients

- 1 ½ lb. ground turkey
- 1/2C finely grated Gruyere cheese
- 4 scallions, finely chopped
- 1/4C dried breadcrumbs (or 1 piece bread in blender till crumbled, or roughly blend whole oats)
- 1/4C Dijon mustard
- 1 garlic clove, minced
- Course salt and ground pepper

Preparation

1. Heat grill or broiler to high.
2. In a medium bowl, combine turkey through garlic. Season generously with salt and pepper.
3. Gently form mixture infor 4, 1-in thick patties.
4. Grill 1-2 min per side, searing until browned. Move to the cooler part of the grill and cook through, 5-10 min per side.
5. Serve on a whole grain bun with mustard, lettuce and tomato. Alternatively, serve on a salad.

Tips

Try this veggie chopped salad:

Roughly chop sweet peppers, carrots, celery, cucumber and tomato. Serve with your favorite dressing or oil/vinegar.