

Spicy Grilled Turkey Burgers

Seasoned ground turkey, formed into patties and grilled for a quick and easy spicy turkey burger

Yield:

4 burgers

Ingredients:

1 pound ground turkey (85% lean)
1/8 cup water
2 tablespoons minced onions
1 small garlic clove, minced
1/2 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon crushed red pepper flakes
1/4 teaspoon paprika

Instructions:

1. Combine all ingredients in mixing bowl and mix with hands until seasonings are evenly distributed. Allow to set at room temperature for about 10 minutes, or refrigerate for up to overnight.
2. Form meat into 4 patties. Grill according to grill instructions, just until done,* flipping patties halfway through grilling time.



This recipe is from Tammy's Recipes.