

Turkey Burgers

Makes 4 burgers

Ingredients:

- 1.25 lbs. ground turkey
- 1 tsp. olive oil
- 1/2 cup minced onion
- 2 cloves garlic, minced
- 1/3 cup finely chopped parsley
- Salt and pepper

For serving:

- 4 [burger buns](#)
- Cheese slices
- Lettuce
- Tomato slices
- Sliced red onion
- BBQ sauce or condiments of your choice

Directions:

1. Heat olive oil in a small skillet over medium-low heat. Saute onion until soft, about 3 minutes. Add garlic and saute until fragrant, about 30 seconds. Remove from heat to cool.
2. Place the turkey in a large bowl. Add the onion, garlic, parsley, and salt and pepper to taste. Mix until well combined. Form the meat into four equal sized patties.
3. Grill over medium heat until cooked through. During the last two minutes of cooking, top each burger with a slice of cheese. Slice each bun in half and toast the insides. Serve burgers on toasted buns with lettuce, tomato, red onion, and BBQ sauce.

Source: [Kristine's Kitchen](#)