

Turkey Burgers

Ingredients

1 lb Ground Turkey
1/2 t Salt
1/4 t Ground Black Pepper
1/2 t Garlic Powder
1/2 t Onion Powder
2 T Mayonnaise
2 t Worcestershire Sauce
1 T Olive Oil
1 T Breadcrumbs
4 Cheddar (slices)

Instructions

1. Add ground turkey to a medium mixing bowl. Sprinkle in breadcrumbs, salt, pepper, garlic powder, and onion powder. Add mayonnaise and drizzle in Worcestershire sauce.
2. Gently toss and break up meat mixture to evenly blend. Divide into 4 equal portions and shape into patties about 1/2-inch thick.
3. Preheat olive oil in a 12-inch cast iron skillet over medium-high heat for a few minutes.
4. Add turkey patties and sear until golden brown on bottom, about 4 - 5 minutes.
5. Flip burgers then add cheese and place lid on top. Continue to cook until cooked through, about 4 - 5 minutes longer. Center should register 165 degrees on an instant read thermometer
5. Serve warm in hamburger buns or lettuce leaves

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with toppings of choice.