

Juicy Turkey Burgers from *Urban Sacred Garden*



These burgers are quick and easy to make, but add a major punch of tasty flavor to any meal. I cooked these burgers in Coconut Oil, which was a first for me. Coconut oil adds a delicate addition to the flavor, and the smell when the oil is melting is heavenly. Coconut oil is a healthy oil that holds up to high temperatures and is ideal for cooking, whereas other healthy oils like extra virgin olive oil break down in the heat. Coconut oil promotes lean body weight, increases metabolism and improves heart health.

Yield: 6 Turkey Burgers

INGREDIENTS

1 1/2 Lbs. Ground Turkey*	4 Tbsp Worcestershire Sauce
3 Medium Shallots, diced	1 Tsp Cayenne Pepper
3 Cloves Garlic, diced	Fresh Ground Sea Salt
1 4oz. can of Diced Green Chiles (Smoked if you can find them)	Fresh Ground Black Pepper
3/4 Cup Panko Bread Crumbs	4 Tbsp Coconut Oil, divided
1/2 Tsp Ginger, minced	6 Slices of Smoked Gouda
	Whole Grain Bread or Buns of Choice

* I use the full bird ground turkey, not just ground turkey breast. The inclusion of dark meat gives it more flavor and keeps it juicy.

DIRECTIONS

1. In a large mixing bowl combine Ground Turkey, Shallots, Garlic, Green Chiles, Panko, Ginger, Worcestershire and Cayenne. Add Salt and Pepper to taste, combine thoroughly. The consistency may vary depending on the Turkey in your market. If mixture is too wet, add more Panko. If mixture is too dry, add an Egg. The mixture should be very moist, yet stick together easily in a patty form.
2. Divide mixture into 6 equal sections. Form each into a ball and press into burger sized patties. Place Turkey Burger Patties on a clean plate. Make an indent with your thumb in the center of each patty. The meat will swell and rise in the center as it cooks, the indent in the center will give you a more even shape when cooking.
3. In a large skillet heat 2 Tablespoons of Coconut Oil over medium low heat. Add 3 Turkey Burger Patties to the oil and cover the pan with a lid. Cook on one side for about 5 minutes, press burgers down with a spatula, then flip and cook for another 3-5 minutes until cooked through. Flip again and add a slice of Smoked Gouda to the top, reduce heat to a simmer, cover with the lid and allow Gouda to melt over burger. (Note: You can also grill burgers if desired.)
4. Remove each cheesy turkey burger and place on warm buns or bread. Repeat step 3 for remaining Coconut Oil and Turkey Burger Patties.
5. Serve hot burgers with condiments and sides of choice. I love whole grain mustard on my turkey burgers and Sweet Potato Fries on the side. Enjoy!