

Turkey Burger Recipe

A tasty poultry version of a burger. It works well with either ground turkey or chicken.

Adapted from Leslie Beck's Heart Healthy Foods for Life. Publisher Penguin Group Canada, 2009.

Ingredients:

1.5 lb/700g lean ground turkey or chicken
½ cup/125ml quick rolled oats
2 tbsp/30ml ground flaxseed
½ cup/125ml oat bran
1 egg
¼ cup/60ml green onion, chopped
1 tbsp/15ml Dijon mustard
1 tbsp/15ml fresh rosemary or 1 tsp dried
3 cloves garlic, minced
½ tsp red pepper flakes, optional
Freshly ground black pepper, to taste

Method:

1. Preheat oven to 375 degrees F (190 C) or heat non-stick fry pan to medium heat.
2. In a large bowl, combine ground turkey, rolled oats, flaxseed, oat bran, egg, green onion, mustard, rosemary, garlic, pepper flakes and pepper. Mix well.
3. Form mixture into 8 patties. Place on baking sheet or in heated pan.
4. Bake for 30 minutes, turning once after 20 minutes. If frying, cook for 15 minutes, turning once after 8 minutes.
5. Serve patties with or without whole grain rolls. Add fresh vegetables such as tomato slices, shredded spinach and other vegetables as desired.