Oprah’s Favorite Turkey Burgers

**Serves: 8**

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| These are Oprah’s favorite turkey burgers – which means they will probably be your favorite as well. The apple is especially delicious as it adds a sweet crunch! Grilling is a great way to add flavor without added fat. | **Cost Per Recipe**  $  **Cost Per Person**  $ | **Time Required**  Prep: 30mins  Cook: 15mins | Turkey burger |

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| **Ingredients** | **Procedure** |
| * 2 pounds ground turkey breast * 2 tablespoons chopped scallions or white onion * 1 chopped celery stalk * 1 granny smith apple, finely chopped * 1 ½ teaspoons salt * ½ teaspoon ground black pepper * 1 tsp canola oil * 8 whole-wheat burger buns   All of this can be bought at Aldi / Shop n Save / Schnucks | 1. In a large bowl, combine all ingredients and form into 8 equally sized patties. Let rest for 15 minutes. 2. Preheat grill or medium skillet on stove. Add canola oil to hot skillet (if using). Cook for 7 minutes on each side, or until cooked through. |

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| **Other Thoughts / Variations on the Recipe / Nutrition Information** |
| * These could also be baked in a 425F oven for about 20-25 minutes, flipping once. This would reduce the fat even more, but would not necessarily have the nice browned crust that people expect. |