

# Ingredients



- 1 pound ground turkey (I used thigh, but feel free to use breast meat)
- 1 large clove garlic minced
- 1 tablespoon fresh chives
- 1 tablespoon fresh parsley
- 1 tablespoon fresh lemon juice
- 2 tablespoons fresh lemon juice
- 1/2 cup breadcrumbs (I used Italian flavored)
- 2 tablespoons mayo
- Salt & pepper to taste

# Ground Turkey Burgers

MOM  
fueling  
HUNGRY  
BOYS

## Instructions

- Oil and pre-heat grill to high heat.
- Chop the chives and parsley, and prepare your toppings (tomato, onion, lettuce, etc.).
- In a medium to large bowl, add the ground turkey, chives, parsley, minced garlic, lemon juice, breadcrumbs, mayo, and salt & pepper. Using your hands, gently mix everything together, taking care to not over handle the mixture.
- Form burger patties one by one and place them on a sheet of wax paper. You should be able to make six small to average-size burger patties or four larger ones. Using your thumb, create a depression in the center of each patty so they cook evenly. Patties will be quite delicate.
- Turn the grill down to medium-high heat. Cook the burger patties until their internal temperature is at least 165F. Cooking time really depends on your grill and the thickness of the patties. Mine took about 5 minutes/side (made 4 patties).
- Once the burgers are cooked, you can toast the buns for about 20-30 seconds on each side if desired (we did this right on the grill after buttering them).
- Assemble burgers and enjoy!

