



AWESOME TURKEY BURGERS

**1 medium onion (chopped)
2-3 cloves garlic (minced)**

**2/3 lb. Dark ground turkey meat
2/3 lb. White ground turkey meat
1-2 T. ground flax seeds
2 beaten eggs
2 slices spelt bread (made into crumbs in blender/food processor)
1 tsp. salt
1/2 tsp. pepper
1-2 tsp. horseradish mustard
1/2-2/3 cup chopped fresh parsley**

**Saute onion and garlic in small amount of olive oil. Add to remaining ingredients. Mix until blended (but do not overmix.) Form into patties approximately 3/4 “ thick. Place on grill, broiler, or slightly heated (and oiled) pan. Cook for 4 minutes on one side, turn, cook 4 minutes. If in pan or grill, cover and cook for an additional 4 minutes.
If on broiler cook for 5 minutes on each side.**

Makes 6-7 turkey burgers

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