

GRILLED GROUND TURKEY BURGERS

Preparation: **10** minutes | Cooking: **10** minutes | Servings: **6**

INGREDIENTS

6 whole wheat hamburger buns
1 1/4 pounds lean ground turkey
1 large egg, lightly beaten
2/3 cup soft whole wheat bread crumbs
1/2 cup finely chopped celery
1/4 cup finely chopped onion
1 tablespoon minced fresh parsley
1 teaspoon Worcestershire sauce
1 teaspoon dried oregano
1/2 teaspoon salt
1/4 teaspoon pepper



INSTRUCTIONS

In a small bowl, combine the egg, breadcrumbs, celery, onion, parsley, Worcestershire sauce and seasonings. Crumble turkey into bowl, and mix lightly but thoroughly. Shape into 6 patties. On a greased grill, cook, covered, over medium heat, or broil 4 inches from the heat for 5-6 minutes on each side or until a thermometer reads 165 degrees and juice runs clear. Serve on buns, and add a side of vegetables of your choice.