

# GRILLED GROUND TURKEY BURGERS

Preparation: **15** minutes | Cooking: **15** minutes | Servings: **6**

## INGREDIENTS

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



## INSTRUCTIONS

In a small bowl, combine the egg, bread crumbs, celery, onion, parsley, Worcestershire sauce and seasonings. Crumble turkey into bowl and mix lightly but thoroughly. Shape into six patties. Grease grill and cook burgers over medium heat covered, or broil four inches from heat for about five minutes on each side or until a meat thermometer reads 165 degrees Fahrenheit and juices are clear. Serve.