

Turkey Burgers

2 lbs. Ground Turkey
1 small Onion
1 Jalapeno
1 Egg
1 1/2 tsp. Salt
1 tsp. Pepper

1. Mix all ingredients in a large bowl.
2. Get a skillet, grill or griddle hot.
3. Spray on vegetable oil or use a little olive oil.
4. Form patties with your hand and place on heat.
5. Flip patties when you see a brown edge on bottom.
6. Cook on both sides two times.
7. After burgers are browned on both sides, push down with the back of the spatula.
8. Water will drain out of the burger. Do this on both sides.
9. Burger should be firm and ready to eat!