

Turkey Burgers

These turkey burgers are a great addition to your clean eating menus. They're moist, juicy, and flavorful. All of the flavor, none of the bad stuff!

Ingredients:

- 1 lb. ground turkey
- 2 tsp. olive oil
- 1 1/2 Tbsp. dijon mustard
- 1 Tbsp. mild hot sauce (not Tabasco, like Franks or any Louisiana Hot Sauce)
- 2 large cloves garlic, minced
- 1 Tbsp. Italian seasoning
- 3 Tbsp. minced onion
- 1/2 tsp. ground black pepper
- 1/4 cup oats
- 3 Tbsp. brown rice flour
- 1 egg



Instructions:

1. Mix ingredients well. Makes six turkey burgers.

Serves 6.

Portion Count: 1 red