

Avocado and Feta Turkey Burgers



Ingredients

- 1 lb. lean ground turkey
- 1 egg
- ¼ medium (or ⅓ smaller) red onion (minced by hand or food processor/blender)
- 3 cloves garlic (minced by hand or food processor/blender)
- ⅓ cup crumbled feta
- 5 - 10 dashes hot sauce (i.e. Frank's Red Hot)
- ½ avocado - peeled, pitted and diced
- 2 teaspoons Italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon cumin
- ½ teaspoon red pepper flakes
- Pinch salt and fresh pepper

Serves 5

Preparation

1. Pre-heat oven to 350°F
2. In a large bowl, combine ground turkey, egg, onion, garlic, feta, hot sauce and seasonings until ingredients are evenly distributed. Fold in diced avocado.
3. Make 5 equal sized patties, not too thick so they cook in the center.

