
Tuscan Turkey Burgers

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com.

1 teaspoon canola oil
1 medium onion, chopped
1 clove garlic, minced
1/4 cup sun-dried tomatoes, minced (pulsed in food processor)
1 pound ground turkey breast or chicken breast
1 (10 ounce) package frozen cut-leaf spinach, thawed, excess water squeezed out, chopped to ensure small pieces
1 ounce freshly grated Parmesan cheese
1/2 cup whole-wheat bread crumbs or dry oat bran
1/2 teaspoon sea salt
few grinds black pepper, as desired

Saute onion and garlic in a teaspoon of oil until softened.

Place onion and garlic in bowl, along with remaining ingredients. Mix well. Form into 8 patties (1/4 cup each).

Spray both sides of each patty with cooking spray or rub with canola oil.

Heat saute pan on medium for 4 minutes. Add burgers and cook about 4 minutes. Turn and cook other side.

Cook until internal temperature reaches 165 degrees F.

Onions are sauteed to soften the texture. You can skip this step if you pulse onion in food processor or grate onion on box grater.

Make your own whole-wheat bread crumbs or buy Ian's Whole-Wheat Panko Bread Crumbs.

Poultry Entrees