

The Best Turkey Burgers

This might be the best and easiest homemade turkey burger recipe EVER... These burgers freeze well and you can make meatballs or meatloaf out of it too. We found this one via allrecipes.com and are so happy we did. We've included a homemade bread crumb recipe too, because they are also very easy to make too and can be made gluten-free by using a gluten-free bread (also available at CFM).

INGREDIENTS & DIRECTIONS

- 3 pounds ground turkey
- ¼ cup seasoned bread crumbs (see reverse side for DIY recipe)
- ¼ cup onion, finely diced
- 2 egg whites, lightly beaten

- ¼ cup chopped fresh parsley
- 1 clove garlic, peeled and minced
- 1 teaspoon salt
- ¼ teaspoon ground black pepper

In a large bowl, mix ground turkey, seasoned bread crumbs, onion, egg whites, parsley, garlic, salt, and pepper. Form into 12 patties.

Cook the patties in a medium skillet or on the grill over medium heat, turning once, to an internal temperature of 180°.



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HOMEMADE SEASONED BREAD CRUMBS

Start with plain white or Italian bread that is either stale or toasted. You'll want to have the bread sliced or in chunks so it's easy to work with.

Put bread into a blender or food processor and pulse until you get the crumbs to your desired size.

To each cup of homemade breadcrumbs, add any or all of the following dried herbs and spices:

- ½ teaspoon salt
- ½ teaspoon parsley
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon oregano
- ¼ teaspoon basil

If you want them extra dry, toast them a second time in a 300° oven for a few minutes. Watch them to be sure they don't burn.

Store in an airtight container for up to 6 months on the shelf or in the freezer for up to a year.

Market Shopping List

- Bread (June-Oct) - Hartford Baking, Soleil & Suns, Shayna B's (gluten free)
- Eggs (June-Oct) - Blueberry Hill Organics, Ekonk Hill Turkey Farm, Proctor Hall
- Garlic (June-Oct) - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, CT Valley, Oxen Hill, Riverview, Wayne's Organic
- Ground Turkey - Ekonk Hill Turkey Farm
- Onions - Early onions from Apis Verdi, Blueberry Hill Organics, then July-Oct from 18th C. Purity, Apis Verdi, Bluebird Hill, Colgan, CT Valley, Easy Pickin's, Oxen Hill, Riverview, Wayne's Organic
- Parsley (June-Oct) - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, Colgan, CT Valley, Easy Pickin's, Oxen Hill, Riverview, Wayne's Organic

Ready-to-use breadcrumbs, seasonings, salt & pepper - **Highland Park Market of Coventry - Bring this card in for a FREE 15oz Best Yet Breadcrumbs! (PLU15)**