

# The Best Turkey Burger Ever

## INGREDIENTS

1 lb ground turkey, dark meat  
1 tsp Dijon mustard  
1 1/2 tbsp balsamic vinegar  
1 1/2 tbsp Worcestershire sauce  
1 garlic clove, crushed and minced  
1 tsp paprika  
1/4 tsp salt  
1/4 tsp cracked pepper  
1 tbsp olive oil or olive oil spray  
4 whole wheat buns

## INSTRUCTIONS

Toppings: 1 large avocado, 1 cup alfalfa sprouts, 1/2 red onion thinly sliced, 1/4 cup Dijon mustard

Heat grill to medium-high heat. In a small bowl stir minced garlic, Dijon mustard, balsamic vinegar, Worcestershire, salt, pepper, and paprika with a whisk until combined. Pour over ground turkey and mix until fully incorporated- take care not to overwork the mixture. Shape into four 3/4" patties.

Brush or lightly spray each side with olive oil. Grill patties until firm and browned with all pink gone from center, about 3 to 5 minutes per side.

Serve on toasted buns with Dijon mustard, 1/4 mashed avocado, alfalfa sprouts, and thinly sliced red onion.

Makes 4 servings.