

CRANBERRY AND HERB TURKEY BURGERS

INGREDIENTS

1/4 c plus 2 T whole wheat couscous or quinoa
1/2 c boiling water
2 T EVOO
1 small onion, finely chopped
1 clove garlic minced
1 stalk celery minced
1 T chopped Fresh Thyme
1-1/2 t chopped fresh sage
1 t salt
1/2 t pepper
1/2 tart apple chopped
1/4 c dried cranberries (w/o sugar) finely chopped
1 pound ground turkey



DIRECTIONS

Prepare quinoa in large bowl. Pour in boiling water, stir and set aside until water is absorbed.
(Quinoa takes a little longer.)
Pre heat grill.
In a large skillet, sauté onion until clear.
Add celery; cook until soft. Add apple and garlic; sauté for 1-2 minutes.
Add thyme, sage, salt and pepper; sauté until fragrant, about 30 seconds.
Transfer mixture to quinoa, add cranberries and combine.
Cool for 5 minutes. Add turkey; do not over mix. Form mixture into 6 patties.

Grill 5-6 minutes each side.
Thermometer inserted in center of burger should read 165 degrees.

