

Turkey Burgers with Spicy Pickle Sauce

Plan the perfect beach party with guests in bathing suits and sunglasses and a menu of lean-but-luscious turkey burgers.

INGREDIENTS

1/2 cup(s)	fat-free (plain Greek yogurt)
1/2 cup(s)	chopped dill pickles
2 tablespoon(s)	chopped pickled hot peppers
----	Kosher salt and freshly ground black pepper
2 1/4 pound(s)	lean ground turkey
1 teaspoon(s)	smoked sweet paprika
----	Extra-virgin olive oil (for brushing)
6 whole(s)	wheat English muffins or hamburger buns (split)
----	Lettuce and sliced red onion and tomatoes (for serving)

DIRECTIONS

- 1) Light a grill or preheat a grill pan. In a medium bowl, mix the yogurt with the dill pickles and hot peppers and season with salt and black pepper.
- 2) In a large bowl, gently knead the turkey with the paprika and 1 1/2 teaspoons of salt. Form the meat into 6 patties, about 3/4 inch thick. Brush the patties with olive oil and season lightly with salt and black pepper. Grill the patties over moderately high heat, turning once or twice, until cooked through, about 12 minutes. Grill the English muffins on both sides until toasted, about 2 minutes.
- 3) Spread the pickle sauce on the English muffins. Top with the burgers, lettuce, onion, and tomatoes. Close the sandwiches and serve right away.



Quentin Bacon

COOKING INFO

Serves	6
Yield	-
Prep Time	-
Cook Time	-
Total Time	30 mins
Oven Temp	-

NUTRITIONAL INFORMATION

Calories	-
Total Fat	-
Saturated Fat	-
Cholesterol	-
Sodium	-
Total Carbohydrate	-
Dietary Fiber	-
Sugars	-
Protein	-
Calcium	-