



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### TURKEY BURGERS

**Time: 20 minutes**

**Serves: 4**

#### **Ingredients:**

1 pound ground turkey  
1 clove garlic – finely chopped or crushed  
2 teaspoons fresh parsley – finely chopped  
½ teaspoon red chili pepper flakes  
¼ teaspoon kosher salt

#### **Preparation:**

Preheat your barbecue grill on medium.

Combine all of the ingredients, kneading by hand, until everything is evenly mixed, though no longer.

Form the turkey mixture into four patties, place on the grill and cook four minutes on each side or until the internal temperature reaches 165F.

Remove the burgers from heat and let rest for a minute or two before serving.

#### **Nutritional Information Per Serving:**

Calories: 168  
Fat: 9g  
Carbs: 0g  
Fibre: 0g  
Protein: 20g