

# MOROCCAN SPICED TURKEY BURGER

*A CHANGE-UP TO THE TRADITIONAL SUMMER GRILLING FARE TO PERFECTLY PAIR WITH A SAVORY  
RED PEPPER SPREAD.*



**Yield: 8 (4oz. Patties) – Serving Size: 1 (4oz. Patty) – Prep Time: 20 Minutes**



## **Ingredients:**

- 2 Pounds** - Ground Turkey
- 2 ¼ tsp.** - Paprika
- ¾ tsp.** - Cumin, Ground
- ¾ tsp.** - Coriander, Ground
- ½ tsp.** - Cinnamon
- ¾ tsp.** - Turmeric
- 1/8 tsp.** - Nutmeg, Ground
- 1 tsp.** - Seasoned Salt
- ¼ tsp.** - Black Pepper
- ½ cup** - Yellow Onion, Minced
- 2 Tbsp.** - Garlic Minced

1) Combine spices in a small bowl with salt and black pepper.





2) Peel onion and garlic, place in a food processor and pulse until you reach a fine dice (1/8 inch). If no food processor is available, onion and garlic can be cut by hand using a knife and cutting board.



3) In a medium bowl, mix ground turkey, spices, onion and garlic together.



4) Divide turkey mixture into 8 even portions. Form each portion into patties and place in the refrigerator for 10 minutes.

5) Preheat grill or grill pan on medium high heat.  
Note: This burger can be cooked on the stove-top in a medium pan if grill or grill pan are unavailable. Pan spray can be utilized for a medium pan or grill pan but is not needed for a grill.





6) Once heated, add burgers to the grill and cook on each side until an internal temperature of 165F is achieved or the burger is cooked thoroughly. Approximately 4 minutes each side.

7) Serve on a fresh bun, top with red pepper spread and ENJOY!



Equipment Needed: Measuring cups and spoons, small bowl, medium bowl, spatula, food processor, knife, cutting board, meat thermometer, grill or grill pan (Optional)

**Calories:** 215 – **Calories from Fat:** 129 – **Total Fat:** 14g – **Saturated Fat:** 4g – **Trans Fat:** .2g – **Cholesterol:** 89mg – **Sodium:** 135.5mg – **Total Carbohydrate:** 2.4g – **Dietary Fiber:** .7g – **Sugar:** .5g – **Protein:** 20g