
Mediterranean Style Grilled Turkey Patties

Description

Enjoy these delicious turkey patties with a salad for a healthy meal or on a bun with burger toppings at your next BBQ!

Total time: 45 min Yield: 8 servings

Ingredients

2 1/2 lb lean ground turkey meat
1 small red onion (small dice)
1/2 cup sundried tomatoes in olive oil (well drained and minced)
1 Tbsp garlic (minced)
1/2 cup olive tapenade (well drained of oil)
1/2 tsp dried oregano
? cup fresh basil (rough chop)
1/2 tsp crushed red pepper (optional)
1 tsp salt
1/4 tsp finely ground black pepper
non-stick cooking spray

Prep Time: 35 min Cooking Time: 10 min Total Time: 45 min

Instructions

Preheat grill to medium high heat. Place all ingredients into a large bowl and mix well. Form into 8 patties and place onto a baking sheet. Spray preheated grill with nonstick cooking spray and add the patties. Cook for 3 to 4 minutes per each side or until cooked through.

Recipe brought to you by:

Chef Ryan Covert