

Asian Inspired Turkey Burgers

I like to use 93% lean meat - it strikes a nice balance between being juicy and not pouring my money into the trash (in the form of fat that renders out, since ground meat is sold by weight). This recipe would certainly work with any lean/fat percentage, so choose according to what your protein and fat goals are for the day.

Ground turkey has its own unique flavor, so don't fall into the trap of swapping it for ground beef and expecting it to taste like ground beef. Using different seasonings from what you might use in beef burgers helps to reset expectations and please the crowd.

This recipe can easily be doubled or tripled as needed. Pan-frying with steam is my preferred cooking method for maximum juiciness, but these should hold up well to grilling as well.

Ingredients:

- 1 lb ground turkey
- 1 tbsp reduced sodium soy sauce
- 1/2 tsp ground ginger
- 1/2 tsp garlic salt

Method:

- Preheat a frying pan over medium to medium-high heat. No oil is added to the pan with this method.
- Mix all ingredients together in a bowl, either with a spoon or your hand, to distribute seasonings evenly throughout.
- Divide into 4 equal portions, roll into a ball and place into heated pan, flattening to form burger shape.
- Cook until beginning to brown on the bottom and starting to turn white up the sides/edges, then add ~1/4 cup of water to the pan and place a lid on to trap steam.
- Once mostly cooked through, remove the lid, flip the burgers to brown on the other side, leaving off the lid and allowing any remaining water to cook off (if adding cheese, place it on the burgers at this point). Internal temperature should reach 165°F for food safety purposes.

Nutrition based on (4) 4-oz servings: 152 calories, 7g fat (0.1g saturated), 65mg cholesterol, 303 mg sodium, 0.3g carbohydrates (0g fiber, 0g sugar), 22.3g protein

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