RECIPE: MANGO MINT TURKEY BURGERS

BURGER INGREDIENTS:

1.25 lb package of ground turkey
1 large ripe mango, chopped into small pieces
~2 tbsp mint, diced small
1/2 small onion, diced
1 tbsp steak seasoning
Salt and pepper, to taste
1 egg
1-2 tbsp flour or oats (helps the burgers to bind)

OTHER INGREDIENTS/TOPPINGS:

BBQ sauce
Hamburger buns
Toppings of your choice (such as tomatoes, avocado, pineapple, grilled peppers, etc.)

Tip: serve these burgers with a little side salad for some extra greens!

INSTRUCTIONS:

1) Mix all burger ingredients together in a bowl.
2) Form the mixture into patties by hand.
3) Allow the patties to sit for 10-15 minutes to properly bind.
4) BBQ the burgers (if BBQing isn’t an option, frying them on the stovetop works great too).
5) Add the BBQ sauce on the burgers as they’re grilling. Flip and add more sauce.
6) Put your burgers on buns, add your toppings of choice and enjoy!