

## Turkey-Veggie Burgers with Cherry-Basil Salsa



### Makes:

4 servings

### Utensil:

Saladmaster Food Processor  
12" Chef's Gourmet Skillet  
medium mixing bowl  
large mixing bowl

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### Recipe:

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### Recipe Description:

Lean ground turkey can be dry and flavorless, but adding plenty of vegetables and a few other flavoring ingredients into the mix makes a delicious and moist burger that is low in calories and fat. Top this burger with a sweet and savory fresh cherry salsa for a delicious new twist.

### Burger

16 ounces  
lean ground turkey  
(454 g)  
1 onion, julienned, use Cone #2  
1 carrot, julienned, use Cone #2  
2 cloves  
garlic, shredded, use Cone #1  
1 small zucchini or yellow squash, julienned, use Cone #2  
½ teaspoon  
thyme, dry  
(1 g)  
2 tablespoons  
ketchup  
(30 g)  
1 egg, organic preferred  
salt & pepper to taste

### Salsa

1  
cup cherries, fresh, pitted and  
chopped (154 g) ½  
1

cup red bell pepper, (45 g) 2  
minced

tablespoon basil, fresh, minced (3 g) **Optional additions**

tablespoons lime juice, (30 mL) salt & pepper to  
fresh taste

1 cup lettuce or spinach, **Directions:**  
fresh

4 hamburger buns 1. Place all burger ingredients in  
4 ounces cheddar cheese, sliced (110 g) large bowl and thoroughly combine (can  
use clean hands

to mix). Place mixture, covered, in refrigerator to chill until  
ready to cook.

2. Place all salsa ingredients in medium bowl and stir to  
combine. Set aside.

3. Form turkey mixture into 4 even-sized patties (they will be  
soft).

4. Preheat skillet over medium heat. When several drops of  
water sprinkled on skillet skitter and dissipate, approximately 5  
- 7 minutes, place burgers gently into skillet. Place 12" Electric  
Skillet Cover on skillet slightly ajar and cook burgers  
approximately 4 - 5 minutes. Turn burgers and cook an  
additional 5 - 6 minutes until done.

5. Serve burgers hot with cherry salsa and optional additions, if  
desired.

### Tips:

- Lean turkey meat will be rather soft in texture but will cook up  
nice and moist with the addition of vegetables. Handle the  
burgers gently when placing in the skillet to avoid them  
breaking apart.
- You could cook a small "test" burger to check for seasoning  
before cooking the remainder of the burgers. Add in more  
salt, pepper or other seasonings as desired.

### Nutritional Information per

#### ▼ Serving

Burger

**Calories:** 227

**Total Fat:** 11g

**Saturated Fat:** 3g

**Cholesterol:** 142mg

**Sodium:** 229mg

**Total** 142g

**Carbs:**

**Dietary Fiber:** 2g

**Sugar:** 5g

**Protein:** 23g

Salsa

**Calories:** 33

**Fat:** 0g

**Saturated Fat:** 0g

**Cholesterol:** 0mg

**Sodium:** 2mg

**Carbohydrate:** 8g

**Fiber:** 2g

**Sugar:** 5g

**Protein:** 1g