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Tex-Mex Turkey Burgers

Ingredients

- 1 lb lean ground turkey
- 2 tbsp salsa (choose your favorite)
- ¼ cup chopped cilantro
- 1 egg
- 2 tbsp chopped onion (optional)

Directions

1. Mix ingredients together and shape into patties.
2. Panfry or grill.
3. Bun is optional, if you must have the bread try Ezekiel buns. If you brown the turkey in a pan, you can serve as a taco with corn OR Ezekiel tortilla for another great option.