

Healthy Turkey Burger with Cranberry Reduction

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This recipe is easy to make and a healthier version of a traditional burger. The cranberries and garnish make it colorful and nutritious!

Ingredients

Burger

- 2 teaspoons sunflower oil (or other oil)
- 1 lb. (16 oz) ground turkey
- 1/2 cup onion, finely diced (approximately 1 small onion)
- 1 teaspoon chopped garlic (about 5 to 6 cloves)
- 1/2 teaspoon Kosher salt
- Pinch of freshly ground black pepper
- Whole Wheat burger buns

Cranberry Reduction

- 1 8 oz package dried cranberries (sweetened)
- 1 1/2 cups water

Garnish

- Sliced fresh tomato
- Sliced red onion
- Romaine lettuce leaves
- Kosher dill pickles

Directions

1. Start the cranberry reduction, place dried cranberries and water in a medium size saucepan and bring to a boil over high heat. Reduce heat and let simmer, uncovered, for 20 to 25 minutes until most of the water has reduced and the mixture begins to thicken. Using a large spoon, while it is reducing, smash the cranberries so that they cook and mix together forming a relish-like consistency. Remove from heat and set aside.

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(Healthy Turkey Burgers continued.)

2. While the cranberries cook, mix ground turkey, diced onion, chopped garlic, salt and pepper in a medium-sized bowl. Form into 4 patties that are equal in size, about 4 ounces each.
3. In a cast iron skillet, on medium to high heat, add oil and heat until hot but not smoking. Place the patties in the skillet and cook for 3 to 4 minutes. Turn over using a spatula and cook for another 5 minutes. Don't overcook! Turkey is leaner than beef and can dry out if overcooked! Remove from pan and place a cooking sheet in the oven for approximately 10 minutes at 400 degrees or until done. Meat should cook until it reaches 165 degrees. Test each burger using a kitchen thermometer.
4. Place the cooked turkey burger on a whole wheat bun and add a couple of spoonful of Cranberry Reduction on top of the patty or on the side of the burger as a garnish. Add lettuce leaves, sliced tomato, sliced red onion, and a kosher pickle.

Serve immediately with Herb Roasted Potatoes instead of French fries.

Turkey Burger serves 4. Cranberry Reduction makes approximately 1 1/2 cups.