

## Turkey Burgers

<http://userealbutter.com/2008/05/03/turkey-burgers-recipe/>

1 lb. ground turkey meat (prefer thigh meat)  
1 medium red onion, finely chopped  
1/2 cup fresh parsley, minced (or whatever fresh herbs you like)  
1 tbsp garlic powder  
1 tsp salt  
1 tsp pepper  
cheese (optional)

Mix ingredients together and form 4-6 patties. Grill on medium heat for 7 minutes a side.  
2 minutes before burgers are done, place a slice of cheese (optional) on each patty.  
Serve hot.