



Gluten Free Dairy Free Juicy Apple Turkey Burgers

One batch makes 6 servings.

Ingredients	x1	x2	x3	x4
Large apple, peeled and finely grated	1	2	3	4
Cooked brown rice or quinoa	1/3 cup	2/3 cup	1 cup	1 1/3 cup
Finely grated onion	1 1/2 tablespoons	3 tablespoons	4 1/2 tablespoons	6 tablespoons
Garlic clove, minced	1	2	3	4
Ground sage	1 teaspoon	2 teaspoons	1 tablespoon	4 teaspoons
Salt	3/4 teaspoon	1 1/2 teaspoon	2 1/4 teaspoon	1 tablespoon
Ground black pepper	1/4 teaspoon	1/2 teaspoon	3/4 teaspoon	1 teaspoon
Dried thyme	1/4 teaspoon	1/2 teaspoon	3/4 teaspoon	1 teaspoon
Ground allspice	1/8 teaspoon	1/4 teaspoon	3/8 teaspoon	1/2 teaspoon
Cayenne pepper	1/8 teaspoon	1/4 teaspoon	3/8 teaspoon	1/2 teaspoon
Ground turkey	20 ounces	40 ounces	60 ounces	80 ounces

If grilling the burgers, coat grill rack with nonstick cooking spray before starting the grill. In a bowl, combine the first 10 ingredients. Crumble turkey over mixture and mix well. Shape into six 1/2-in.-thick patties.

Grill, covered, over indirect medium heat or broil 6 in. from the heat for 6-7 minutes on each side or until a meat thermometer reads 165 degrees F. You may also cook in an oiled skillet until done.

To freeze: You can either freeze after shaping, before cooking with wax paper separating the patties OR you can freeze after cooking. After cooking, allow to cool, put in a freezer safe container separated by wax paper.