

Grilled Turkey Burger with Avocado & Corn Salsa

9 ingredients · 25 minutes · 2 servings



Directions

1. In a bowl, combine together the turkey, half of the red onion, and half of the cilantro. Mix well and season with salt and pepper.
2. Form the mixture into even patties and preheat the grill to medium heat.
3. Add the patties to the grill and cook for six to seven minutes per side or until cooked through.
4. Meanwhile, in a bowl mix together the corn, avocado, oil, and lime juice. Season with salt and pepper.
5. Divide the turkey burgers into the buns. Top with the corn salsa and enjoy!

Notes

Leftovers

Refrigerate the ingredients in separate airtight containers. The salsa is best served fresh. Refrigerate the burgers for up to three days.

Serving Size

One serving is equal to one turkey burger.

More Flavor

Add tomato and lettuce to the burger.

Gluten-Free

Use a gluten-free bun instead.

Ingredients

- 8 ozs** Extra Lean Ground Turkey
- 1/4 cup** Red Onion (small, diced, divided)
- 3 tbsps** Cilantro (chopped, divided)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup** Corn
- 1/2** Avocado (medium, chopped)
- 1 tbsp** Extra Virgin Olive Oil
- 1** Lime (juiced)
- 4 1/16 ozs** Whole Wheat Bun (toasted)