



Guacamole Turkey Burger

Jacob · 29/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

6

Description

Lean ground turkey and hearthealthy avocado come together to make eating right delicious This recipe brings a little Southwestern flavor to the mix with salsa in the guacamole and a seasoned burger mixture If youd like to add cheese a cheddarjack or pepperjack would be perfect Black beancorn salad is a great side dish

Ingredients

- - 8 Ball Park® Hamburger Buns - 2 tablespoons extra virgin olive oil - 8 ground turkey breast patties - 3 teaspoons garlic granules - 1 teaspoon kosher salt - 1 teaspoon ground black pepper - 1 teaspoon ground cumin - 1 teaspoon sweet paprika - 1 tablespoon extra virgin olive oil - 4 ripe avocados - ¼ cup finely chopped green onion - ½ lemon
- juiced - ½ lime
- juiced - 1 teaspoon chili powder - 2 tablespoons favorite Mexican salsa - kosher salt to taste - Trimmings: as desired
- such as mayo
- lettuce
- tomato
- onion and pickles

Instructions

1. To make guacamole
2. sliced avocados in half
3. lengthwise. Remove the pit and discard. Scoop out the avocado flesh with a spoon into a bowl. Add juices
4. chili powder
5. salsa and salt and mash with a fork until nicely chunky. Cover with plastic and set aside. (If you want to make the guacamole an hour or so ahead of time
6. you can keep it fresh in its bowl in the refrigerator by pressing plastic wrap onto the surface of the guacamole so that no air reaches the avocado
7. which is what makes it turn brown.) In a bowl
8. combine garlic
9. salt
10. pepper
11. cumin and paprika until thoroughly blended. Brush each patty on both sides with olive and sprinkle with the seasoning blend on both sides. Using a skillet or grill pan
12. cook patties over medium-high heat
13. covered
14. about 5 to 6 minutes per side
15. until no pink remains. If you're adding cheese
16. do so for about the last 1 minute of cooking. Brush each bun on both sides with melted butter and warm in another skillet over medium-high heat for about 15 seconds per side
17. just until toasty. Place patties on each bun bottom
18. top with guacamole and other desired trimmings. Serve with a little salsa on the side. Tip: Pre-shaped patties made with ground turkey breast are widely available in the grocery store butcher case
19. and these save you some time in preparation!