

Avocado Turkey Burgers

by By Dan & Kathleen Taggart

Difficulty: Beginner | Prep Time: 20 min | Serves 4

- 1 ½ pounds ground turkey meat
- 1 firm avocado
- 1 cup finely chopped, toasted pecans
- 1 ½ teaspoons coarse salt
- Freshly ground black pepper
- Tabasco Chipotle sauce
- Mayonnaise
- Mustard
- Sliced Tomatoes



- Sliced sweet onions
- Hamburger Buns

Preheat grill to medium high. Place ground turkey in a mixing bowl. Break up with a fork. Peel and slice the avocado and cut into ¼ - inch pieces. Add avocado pieces, pecans, salt, pepper, and Tabasco sauce to the meat. Mix well. Lightly form into four patties being careful not to compact mixture too tightly.

Grill burgers until they reach an internal temperature of 160 degrees as measured on an instant read thermometer. While the burgers are grilling, split and toast buns on the outside edge of the grill.

Remove burgers from grill, place on buns, and top with condiments as desired.