

Tender Turkey Burgers

The secret is in the chickpeas!

1 15 oz can drained and rinsed chickpeas (garbanzo beans)

½ cup chopped scallions/onions

1 tsp ground cumin

1 tsp black pepper

¾ tsp sea salt

2 tbsps Worcestershire Sauce

1 lb ground turkey.

Process everything but the turkey in a food processor. Pulse until smooth.

Transfer to a large bowl. Add turkey and mix by hand. Cook patties on medium high heat until completely cooked through (about 4-6 minutes/side). I use a ½ cup measuring scoop to make uniform patties and then flatten them a bit with a spatula so they aren't too thick. Delicious with sweet potatoes or risotto, and some green veggies such as broccoli or green beans.