

NOURISH

holistic health & nutrition

Grilled Chipotle Cilantro Burgers

Serves: 4 Prep time 10 minutes + 16 minutes' cook time

Ingredients

- 1 lb. of fresh ground turkey
- 1 chipotle pepper, chopped
- 1/3 cup of fresh chopped cilantro
- 1/4 cup chopped red onion
- 1/2 tsp. garlic powder
- Sea Salt to taste
- 4 hamburger buns or large romane lettuce leaves for a burger wrap

Instructions

1. In a medium bowl, mix together turkey, chipotle pepper, cilantro, onion, garlic powder and salt. Mix with hands till incorporated.
2. Form mixture into 4 patties place on a cookie sheet or large plate and refrigerate for at least 20 minutes.
3. Warm up the grill on medium heat.
4. Place burgers on the grill and cook 5-8 minutes or until internal temp reaches 165.
5. Remove and serve on bun or lettuce wrap with desired toppings.