

Turkey Pecan Burgers

recipe no. **110**

Serves 4 to 6

1½ lb	ground turkey	750 g
½ cup	ground flax seed	125 mL
¼ cup	finely chopped pecans	50 mL
¼ cup	finely chopped red onion	50 mL
¼ cup	finely chopped fresh parsley	50 mL
2	eggs, beaten	2
1 tsp	freshly ground black pepper	5 mL
6	whole wheat, ciabatta or focaccia buns, toasted	6

Mix together all ingredients, except buns; form into 6 patties. Cook on pre-heated medium hot barbecue or grill for 12 to 14 minutes, turning once halfway through cooking time. Serve on buns with lettuce, sliced tomatoes, sliced red onions, mayonnaise and grainy mustard.

Add interest to your meal by serving both:
Jackson-Triggs Proprietors' Selection White Merlot
Inniskillin Chardonnay



Medium Red



Medium White

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