

# Totally Tasty Turkey Burgers

Courtesy of Pete Marr

Makes 4 burgers

2 tablespoons canola oil (for pan frying)

1 lb. ground turkey

1/4 onion, grated

1/4 red bell pepper, grated

1 teaspoon salt-free grill seasoning

1/2 teaspoon ground cumin

1/2 teaspoon garlic powder

1/4 cup celery heart, minced

1/4 cup cilantro, chopped fine

Heat oil in a large non-stick skillet over medium to medium-high heat.

Combine all ingredients except oil in a large bowl. Separate into 4 equal burgers about an inch thick. Cook the burgers 5-6 minutes on the first side and 5-6 minutes more on the other side.

Serve immediately.