

Ricotta and Fresh Herb Turkey Burgers

Ricotta cheese, fresh herbs and an egg are the secrets to bringing your turkey burgers to life.

Ingredients:

2 pounds lean ground turkey
15 oz whole milk ricotta cheese (about 1 1/2 cups)
2 cups fresh fine bread crumbs (Or, many grocers carry gluten-free bread crumbs if you prefer)
1 egg, well beaten

1 cup of mixed fresh herbs, chopped (Use whichever herbs you like: thyme, oregano, sage leaves, parsley).
2 teaspoons fresh ground black pepper
1/2 of a preserved lemon, optional (Peels only, well-rinsed and diced)

Directions:

Place ground turkey, ricotta cheese, bread crumbs, beaten egg, salt, pepper and preserved lemon peel, if using, in a large mixing bowl.

Chop herbs and add to the turkey mix. Thoroughly mix all ingredients. The mixture will be very loose.

Cover and refrigerate turkey mixture for at least one hour. (You could make this in the morning or the night before, if you'd like.). The chilling and resting time allows the breadcrumbs to absorb extra moisture and the herbs to release their flavor. Skipping or rushing this step will make it difficult to form patties.

On parchment or waxed paper, form 8-12 patties of equal size to ensure even cooking.

Heat grill to 375F. Grill each side "approximately" 4-5 minutes. Keep your heat source 4-5 inches away from the grill. If you have a thermometer, as soon as the temperature in the middle of the burger reaches 165F, it's done. If you don't have a thermometer, carefully slice into one of the burgers. To ensure safe eating, all pinkness should be gone. They will still be plenty moist from the ricotta and egg.

Serve with your favorite buns and toppings.

