

Turkey Basil Burgers with Thousand Island Spread

These Turkey Basil Burgers are juicy, moist and a healthier alternative to hamburgers. The easy to make thousand island spread, melted pepper jack cheese and creamy avocado give this burger a wow factor! You will love it!

Ingredients

3 pounds lean ground turkey meat
2 cups finely chopped white onion (about 1 medium onion)
¼ cup finely chopped jalapeno (about 1-2 large jalapenos, seeded)
2 tablespoons, finely minced garlic (about 4 cloves)
1 cup finely chopped fresh basil
2 eggs
2 teaspoons salt
1 teaspoon black pepper
6 tablespoons extra virgin olive oil + additional

Thousand Island Spread

1 cup mayonnaise
¼ cup ketchup
4 tablespoons very finely chopped pickles (recommend baby dill pickles)
Freshly ground black pepper to taste

Toppings

Sliced cheese (recommend Tillamook Pepper Jack), Butter Lettuce, Sliced Tomatoes, Sliced Red Onion, Ripe Avocado Slices, Toasted Hamburger Buns (recommend whole wheat or sesame)

Preparation

Heat 4 tablespoons olive oil in a large scan pan or other large non-stick skillet on medium-high heat. Add onions and jalapenos, sprinkle lightly with salt and sauté until softened, about 5-7 minutes. Add garlic and sauté 2 minutes longer. Set aside and cool.

Prepare Thousand Island Spread: Mix mayonnaise, ketchup and chopped pickles in a small bowl, season with black pepper to taste. Cover and refrigerate until ready to use.

Combine ground turkey, basil, cooled onion mixture, eggs, salt, pepper and 2 tablespoons olive oil in a large mixing bowl. Form mixture into about ½ pound 4x4 ¾ inch thick patties (yields to about 8 patties).

Heat the same large skillet with enough olive oil to lightly coat on high heat. Working in batches without overcrowding cook burgers, flipping often until nicely browned on both sides, reduce temperature to medium to medium-low until cooked thru adding sliced cheese to the tops when burgers are almost done cooking (about 10-12minutes total). Repeat with additional batches, adding additional oil if needed.

Spread toasted buns with thousand island spread. Assemble burgers with preferred toppings. Serve immediately.

Makes about 8 burgers