

Salt and Serenity

Turkey Burgers

This recipe is adapted from the Turkey Burger recipe in the June 2011 issue of Martha Stewart living.

1 teaspoon olive oil
1 red onion, sliced into ¼ inch thick rings
½ teaspoon kosher salt
1 ½ pounds ground turkey (dark meat if you can find it)
2 teaspoons olive oil
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
2 ripe Haas avocados
¼ cup fresh cilantro, coarsely chopped
Juice of 1 lime
¼ teaspoon kosher salt
4 Focaccia or Ciabatta buns, lightly toasted
¼ cup pickled jalapenos, drained
Sliced tomato
8 Boston lettuce leaves, washed and dried

1. Heat olive oil in a large non-stick skillet over low heat. Add onion rings and cook over low heat for about 10 minutes, stirring every few minutes. Sprinkle with salt and continue cooking until onions become golden and caramelize into sweet goodness, about another 10 minutes. Be patient. Do not crank up the heat to hurry the process. You will end up with bitter burned onions.
2. Divide the ground turkey into 4 equal pieces and form patties about ¾ inch thick. Brush both sides with olive oil and sprinkle with kosher salt and black pepper.
3. Preheat grill and BBQ burgers over medium heat for about 4 minutes per side, or until they are cooked through. (If you are using an instant read thermometer, it should register 155 degrees F when inserted into the center of the burger).
4. While burgers are grilling, mash avocados coarsely. Stir in cilantro, lime and salt. Set aside.
5. Grill buns and then spread one side of bun with avocado. Top with turkey burger, onions, pickled jalapeno, tomato and lettuce.