

Salt and Serenity

An Unapologetic Turkey Burger

1 Tablespoon olive oil
2 medium yellow onions, sliced as thin as you can manage
½ teaspoon kosher salt
¼ teaspoon sugar
1 ½ pounds ground turkey (dark meat if you can find it)
1 teaspoon ground cumin
¼ - ½ teaspoon chipotle chili powder
½ cup mayonnaise (light is fine, just don't use non fat)
¼ - ½ teaspoon chipotle chili powder
2 teaspoons olive oil
2 teaspoons kosher salt
½ teaspoon freshly ground black pepper
2 ripe avocados, thinly sliced
2 Sliced tomatoes
4 Sliced Sour Dill Pickles
8 Boston lettuce leaves, washed and dried
4 multi grain buns
4 eggs

1. Line a platter or baking sheet with plastic wrap and set aside. Mix ground turkey with cumin and chili powder. Divide ground turkey into 4 equal pieces and form patties about ¾ inch thick. Place on plastic lined platter and refrigerate for at least an hour.
2. While burgers are chilling, make caramelized onions. Heat olive oil in a large non-stick skillet over low heat. Add onions and cook over low heat for about 10 minutes, stirring every few minutes. Sprinkle with salt and sugar and continue cooking until onions become golden and caramelize into sweet goodness, about another 30 minutes. Be patient. Do not crank up the heat to hurry the process. You will end up with bitter burned onions.
3. Mix together mayo and chipotle powder. Cover with plastic wrap and refrigerate.
4. Preheat BBQ. Brush both sides of turkey burgers with olive oil and sprinkle with salt and pepper. Grill 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).
5. While burgers are cooking on the second side, fry eggs. Preheat 12-inch non-stick skillet over medium heat. Spray skillet with cooking spray. Gently crack eggs into skillet. Season eggs with salt and pepper. Once whites start to set, cover skillet with lid and let cook for 2 more minutes until whites are completely set but yolks are still runny.
6. Grill buns and then spread both sides of bun with chipotle mayo. Top bottom half of bun with lettuce, turkey burger, caramelized onions, pickles, tomatoes, avocado and fried egg. Place other half of bun on top and serve.