

# Kocoa's Kitchen, Inc.

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*Creative Cuisine for Soul Nourishment*

## **Asian Turkey Burgers**

*serves 6*

1-1/2 pounds ground turkey  
1 medium red bell pepper, finely chopped  
1 large carrot, shredded  
4 scallions, finely chopped  
1 large egg white, lightly beaten  
3 Tablespoons cilantro OR mint OR basil, finely chopped  
2 Tablespoons soy sauce  
1 Tablespoon fresh ginger root, finely grated  
1 teaspoon sesame oil  
1/2 teaspoon kosher salt  
1/4 teaspoon freshly ground pepper  
3 Tablespoons vegetable oil  
6 whole-wheat hamburger buns

Mix together the turkey, bell pepper, carrots, scallions, egg white, cilantro, soy sauce, ginger, sesame oil, salt and pepper. Shape into 6 patties about 1/2 inch thick and refrigerate or freeze for 20 minutes before cooking.

Heat oil in skillet over medium high and heat oil until it's hot. Reduce heat to medium; add burgers and cook 5 minutes on each side or until cooked through.

Put burger on bun, add your favorite condiments and eat, eat, eat!!!

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