

## PrazHym Totally Tasty Turkey Burgers

Courtesy of Pete Marr

Serves 4

2 tablespoons canola oil (for pan frying)

¼ onion, chopped

¼ red bell pepper, seeded, deveined and chopped

1 teaspoon salt-free grill seasoning

½ teaspoon ground cumin

½ teaspoon garlic powder

¼ cup celery, chopped

¼ cup cilantro, chopped

1 pound ground turkey

Heat the oil in a large non-stick skillet over medium to medium-high heat.

Combine all of the remaining ingredients except the turkey in a mini-chopper or small food processor. Process just enough to grate everything down into a sofrito-type mix. Transfer to a large bowl; add the turkey and mix to combine. Separate the mixture into 4 equal burgers about an inch thick. Place a dimple into the center of each burger and cook 5-6 minutes on the first side, then 5-6 minutes more on the other side.

Serve immediately.