

Mark's Kitchen

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Sundried Tomato and Turkey Burgers with Avocado Cream

You won't miss the bun with these moist and flavorful turkey burgers from my new book [*Eat Fat. Get Thin.*](#)

Serves: 4 servings

Ready in: 25 minutes

Ingredients:

FOR THE BURGERS:

- 1 1/4 pounds ground dark turkey meat
- 12 large oil-packed, sulfite-free sundried tomatoes, chopped
- 2 tablespoons finely chopped fresh basil or parsley leaves
- 1 tablespoon plus 1 teaspoon Dijon mustard
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- optional: 2 pinches red pepper flakes
- 1 teaspoon extra virgin olive oil

FOR THE AVOCADO CREAM:

- 1 ripe avocado, peeled and pitted
- 1/4 cup organic mayonnaise
- 1 teaspoon fresh lemon juice
- 2 pinches sea salt

Step 1: In a medium bowl, combine the ground turkey, tomatoes, basil, mustard, salt, pepper, and red pepper flakes (if using) and mix with your hands until incorporated. Then divide the burger mixture into 4 even portions and form into rounded patties about 3/4 inch thick (dampen your hands with a little water so the burger mixture doesn't stick to them). To make perfectly round burgers, use a 4-inch ring mold.

Step 2: Heat the oil in a nonstick frying pan over medium-low heat. When the pan is hot, add the patties and cook until a browned crust forms, 3 to 4 minutes. Turn the patties

over and cover the pan. Turn the heat to low and cook the burgers another 7 to 8 minutes or until the internal temperature reads 165°F on a meat thermometer.

Step 3: While the patties are cooking, make the avocado cream. Place the avocado, mayonnaise, lemon juice, and salt in the bowl of a food processor that is fitted with the steel blade attachment. Puree the ingredients until smooth and creamy.

Step 4: Serve the burgers, each with a quarter of the avocado cream on top. Enjoy!

Nutritional analysis per serving (1 burger with avocado cream): calories 460, fat 38 g, saturated fat 8 g, cholesterol 135 mg, fiber 4 g, protein 26 g, carbohydrate 26 g, sodium 470 mg