



Turkey Burger with Spicy Avocado Mustard

By Myra Kornfeld

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These well-seasoned patties are laced with sun-dried tomatoes and pine nuts. Sautéed onions and bell peppers keep them moist, even when grilled. The avocado mustard makes a dynamite topping. You can also sauté these burgers in a skillet.

Yields 6 burgers

Prep Time: 15 minutes plus one hour to chill

Cook Time: 30 minutes

Storage: Refrigerate for up to one day before cooking and one day after. Freeze uncooked for up to one month. The mustard keeps refrigerated for up to three days.

Type of Dish: Lunch & Dinner

Ingredients

- Turkey Burger:
- 1/4 cup pine nuts
- 2 tablespoons extra virgin olive oil
- 1 cup onions, diced small
- 2 garlic cloves, minced
- 1 green pepper, small dice
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 jalapeño, stemmed, seeded, and minced
- 1 pound ground turkey
- 1/4 cup sundried tomatoes, reconstituted and chopped into 1/4-inch dice
- 1/2 teaspoon salt
- freshly ground black pepper
- 1 egg white
- Avocado Mustard:
- 1 ripe avocado
- 4 teaspoons fresh lime juice
- 4 teaspoons dijon mustard
- 1 jalapeño, stemmed, seeded, and minced

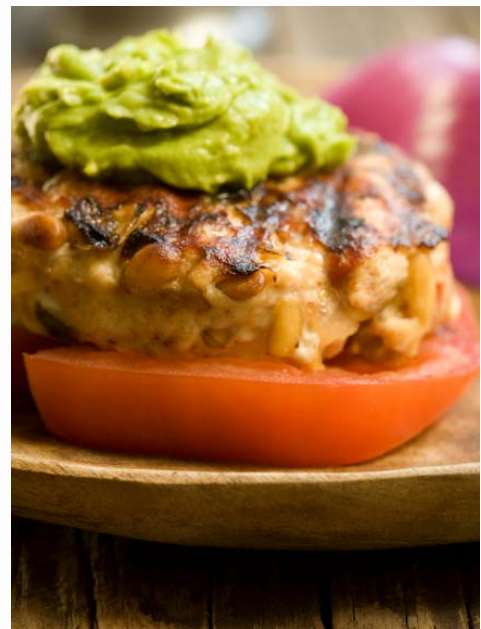


Photo: Lori Eanes Photography

Instructions

Toast the pine nuts in a dry heavy-bottomed medium skillet, stirring constantly, until golden, about 3 minutes. Transfer to a small bowl and set aside.

Warm the oil in a medium skillet over medium heat. Add the onions, garlic, and pepper, and sauté until softened, about 7 to 10 minutes. Add the cumin, chili powder, and jalapeño and sauté another 3 minutes.

Transfer to a medium bowl and stir in the turkey, tomatoes, pine nuts, salt and a sprinkling of black pepper. Stir in the egg white and form into 6 burgers. Refrigerate for an hour or longer.

Make the avocado mustard: Mash the avocado into a small bowl. Stir in the lime juice, mustard, and jalapeno and set aside.

Preheat an outdoor grill or grill pan on medium heat. Add the burgers, and cook 4 minutes on each side, crosshatching after 2 minutes to get pronounced grill marks. Cover and cook another 4 minutes or so on low heat (if using a grill pan, put a domed lid over the burgers) until burgers are cooked through. They will feel firm when pressed. Serve hot, topped with the avocado mustard.