



Teriyaki Turkey Burgers 1

main meals

POINTS® Value: 4

Servings: 4

Preparation Time: 12 min

Cooking Time: 16 min

Level of Difficulty: Easy

Course: main meals

These sesame-teriyaki burgers are super flavorful — even more so when topped with grilled scallions. They'll make a super addition to your July 4th celebration.

Ingredients

- 1 pound(s) lean ground turkey
- 2 spray(s) cooking spray
- 2 tbsp cilantro
- 1/4 cup(s) teriyaki sauce
- 1 tsp sesame oil
- 1 tbsp minced garlic
- 1 tbsp ginger root

Instructions

Preheat a grill (or grill pan) to medium-high; cover to maintain heat
In a large bowl, combine turkey, ginger, garlic, sesame oil, teriyaki sauce, chopped scallions, cilantro and egg white; mix thoroughly with your hands or a spoon.
Make 4 burgers, about 3 1/2-inches across and 3/4-inches wide.
Place burgers on a nonstick baking tray; coat with cooking spray. Flip burgers and coat other side with cooking spray.
Place burgers on heated grill (or grill pan) and cook, flipping once, until fully cooked, about 5 to 7 minutes per side. A few minutes before burgers are done, place whole scallions on center of grill and cook, turning once, until bright green and charred, about 2 minutes.
Remove burgers and scallions to a plate; lightly toast rolls on grill. Serve each burger on a roll topped with 2 scallions.

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