

Turkey Burgers

Recipe courtesy of *Diane's Daily Dish!*

Ingredients:

- 2 pounds lean ground turkey
- 1/2 cup finely chopped onion
- 1/2 cup finely chopped red pepper
- 1/2 cup grated carrots
- 2 tbsp. ground flaxseed
- 1/2 cup ketchup
- 1/4 cup horseradish
- 2 tbsp. Worcestershire sauce
- 1/4 cup freshly grated Parmesan cheese

Directions:

- Preheat oven to 350 degrees.
- Combine all ingredients in a large bowl. Mixing with your hands works best!
- Shape mixture into 10-12 burgers.
- Grill or broil burgers until done ... 5 minutes on each side.
- Freeze extra burgers for next time
- Enjoy!

Serves 10-12