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# Jerk-Spiced Turkey Burgers

Summer Cookout Cookbook

Food Network Magazine- June 2021

Servings: 4

## TIPS AND TRICKS

*\*\* Make an indentation in the middle of each patty with your thumb to keep the burger from bulging when it cooks (meat burgers only).*

*\*\* Let burgers rest for 5 minutes before serving.*

*\*\* Toast buns on the grill, cut sides down, for about 30 seconds.*

**1 pound ground turkey**

**1 tablespoon jerk seasoning**

**1 green apple, peeled and grated**

**1/4 cup chopped scallions**

**1/4 cup panko**

**salt**

**pepper**

**coleslaw mix**

**sliced scallions**

**mayonnaise**

**mango chutney**

**toasted buns**

In a bowl, mix the turkey, jerk seasoning, green apple, chopped scallions and panko. Mix well. Form into four one-inch-thick patties. Season with salt and pepper.

Grill on oiled grates over medium-high heat until cooked through, 4 to 5 minutes per side.

In a bowl, toss the coleslaw mix with the scallions, mayonnaise and mango chutney.

Serve the burgers on toasted buns with the slaw on the side.

## Sandwiches

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*Per Serving (excluding unknown items): 200 Calories; 10g Fat (43.8% calories from fat); 21g Protein; 7g Carbohydrate; 1g Dietary Fiber; 90mg Cholesterol; 119mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat.*