

# Naked Turkey Burgers

## Ingredients:

- 1 lb extra lean ground turkey burger
- 1 tsp salt
- ¼ tsp pepper
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp thyme
- ¼ tsp rosemary
- ¼ tsp sage
- 1 tbsp olive oil

## Directions:

1. Mix meat with all ingredients.
2. Form into patties (we made four)
3. Cook on the grill, 6-8 minutes per side.
4. Devour.

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