

Grillin' Up For Summer Recipes

Turkey Burgers (makes 4)

Ingredients:

1 lb. ground turkey
¼ cup finely chopped onion
¼ tsp salt
¼ tsp fresh cracked pepper
2 small cloves garlic, minced
1.5 tsp dried thyme
Olive oil or grapeseed oil (for cooking)
Desired toppings (cheese, lettuce, tomato, ketchup, etc.)

Instructions:

Mix together all ingredients. Form into 4 burger patties. Preheat grill or pan to medium-high heat. Cook for about 7 minutes on each side (temperature needs to reach 165 degrees). Top with desired toppings and serve.

Black Bean Burgers (makes ~6)

Adapted from <http://thepioneerwoman.com/cooking/black-bean-burger/>

Ingredients:

2 cans (14.5 oz.) black beans
1 cup bread crumbs
¼ cup grated white onion
½ tsp chili powder
¼ tsp onion powder
¼ tsp garlic powder
¼ tsp parsley flakes
½ tsp hot sauce (optional)
1 egg
Salt and pepper
Desired toppings (cheese, lettuce, tomato, ketchup, etc.)

Instructions

Drain, but do not rinse, the black beans. Mash black beans with fork until mostly broken up (a few whole bean pieces will be okay). Add the breadcrumbs, onion, egg, and seasonings. Stir until everything is combined, then let the mixture sit for 5 minutes.

Heat 1-2 tbsp olive oil in a skillet over medium-low heat or preheat grill and brush on grill grates. Form the bean mixture into ~6 patties. Place the patties in the skillet and cook them about 5 minutes on the first side. Flip them to the other side and continue cooking them for another 5 minutes, or until the burgers are heated through. Inside temperature should reach 160 degrees. Serve immediately with desired toppings.

Grilled Cauliflower “Steaks”

Adapted from <https://www.delish.com/cooking/recipe-ideas/recipes/a54879/loaded-grilled-cauliflower-recipe/>

Ingredients:

2 large heads cauliflower
1/4 c. extra-virgin olive oil
1/2 tsp. garlic powder
1/2 tsp. paprika
kosher salt
Freshly ground black pepper

Instructions:

Remove the leaves from the cauliflower head, keeping the core intact. Cut each cauliflower head into “steaks” about $\frac{3}{4}$ inch thick. Whisk together other ingredients and brush one side of each cauliflower steak with mixture, then place on grill. Brush other side with mixture. Cook ~8 minutes on each side or until charred and tender.