



## **Sage and Apple Turkey Burger Recipe**

### **Ingredients:**

1 pound ground turkey  
10 sage leaves or 3/4 tsp dried sage  
1 apple grated with a coarse grater  
1 Tablespoon maple syrup  
1 tsp salt  
1/2 tsp ground pepper (optional)

### **Instructions:**

If mFaking stove top you will need approximately 1 tablespoon of oil - I use olive oil cause I use olive oil for everything but you can choose the oil of your choice.

Or

Make in the air fryer

Combine all ingredients except the oil. Combine. For consistent sized patties, use a measuring cup to scoop out mixture and make into patties. Depending on the size of my buns, I use a third or a half cup per burger.

Air fryer version:

Lay the patties on a parchment paper covered plate. Cover with more parchment paper. Put in the freezer for 10 minutes or refrigerator for 20.

Take to air fryer and place them non touching and cook at 375 approximately 10 minutes. Use a meat thermometer check for 165 F temperature.

Stovetop version:

Heat a tablespoon of oil over medium heat then place the patties in the hot oil. Sauté  
Flip when first side is brown Remove from pan when internal temperature reaches 165 F

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