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One of the best ways to make a house into a home is to invite some friends over for a meal. If you try this recipe, let me know how it turns out for you. And if you have a favorite recipe of your own, send it my way.

Apple Mushroom Turkey Burgers

Jill has been taking a more active role in our kitchen lately, and she whipped these up for the family the other night. The recipe is from a book called “Gourmet Nutrition” which we are slowly working through. They make a tasty, low-fat, high-protein option to regular burgers—and did I mention they were pretty tasty?

1/2 Tbs butter	1 tsp lemon juice
1/2 small onion, finely chopped	1 egg
1/2 apple, finely chopped	1/2 tsp salt
5 mushrooms, finely chopped	Garlic powder & black
1 lb Ground turkey breast	pepper, to taste

1. Melt the butter over medium heat in a wok or other pan, and fry the onions until brown (about 5 minutes.)
2. Add the apples and mushrooms and continue to stir-fry for another 4 minutes.
3. Place all ingredients in a large bowl & mix thoroughly. Form into 4 large patties.
4. Line a broiling pan with foil (for easy clean-up) and place the patties on the tray. Set your oven rack so the patties are about 4 inches from the heat. Broil for about 6 minutes on each side. They are done when the juices run clear after being pierced with a fork. Serves 4.

To complete your meal, serve with some fresh spinach and brown rice. Follow it up with some fresh seasonal fruit for dessert, and go to bed happy & healthy!



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