Best Turkey Burger Recipe

This turkey burger recipe is the best of the best! The turkey patties are healthy, easy to make, perfectly juicy and moist, and packed with flavor from simple ingredients. **Watch the video below** to see how quickly the recipe comes together (and how I lettuce wrap them)!

Prep Time	Cook Time	Total Time
15 mins	10 mins	25 mins

★★★★★
4.96 from 45 votes

Course: Dinner   Cuisine: American
Keyword: Turkey Burger, Turkey Burger Recipe, Turkey Patty   Servings: 4 servings
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Ingredients

For the turkey burgers
- 1 pound 93% lean ground turkey
- 1 tablespoon mayonnaise
- 1 tablespoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- 3 garlic cloves minced
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 2 tablespoons extra virgin olive oil

Optional items for serving
- cheddar cheese slices
- sliced tomato
- sliced onion
- caramelized onion
- pickles
- lettuce
- ketchup, mustard, and mayonnaise

Instructions

1. **Make the patties.** In a medium bowl, combine the turkey, mayonnaise, Dijon mustard, Worcestershire sauce, garlic, salt, and pepper. Use your hands to mix everything together. Divide the mixture evenly and form 4 large patties.
2. **Cook the patties.** In a large skillet over medium heat, heat the oil. Cook the patties for approximately 5 minutes per side, or until golden brown and cooked through.
3. **Assemble the turkey burger.** Enjoy the patties plain or assemble them into turkey burgers with your favorite toppings and condiments!

Notes

- I typically don't use non-stick pans, but for this recipe, I did because the temperature doesn't go above medium to cook the patties and it makes it easier to flip them. You can find my favorite non-stick pans in this post featuring my favorite cookware!

Nutrition

Calories: 201kcal | Carbohydrates: 1g | Protein: 22g | Fat: 12g | Saturated Fat: 3g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 4g | Trans Fat: 0.1g | Cholesterol: 85mg | Sodium: 743mg | Potassium: 272mg | Fiber: 0.3g | Sugar: 0.2g | Vitamin A: 90IU | Vitamin C: 1mg | Calcium: 34mg | Iron: 2mg