

# Portobello Turkey Burgers

## INGREDIENTS:

1 large tomato, sliced  
1 sweet onion, sliced  
1 lb ground turkey  
4 large portobello mushroom caps, gills removed  
Lettuce for garnish

## Seasoning:

1 tsp garlic powder  
1 tsp onion powder  
1 tsp salt  
1 tsp pepper

## PROCESS:

1. Preheat the grill to high heat.
2. Rinse and slice vegetables (slice tomato to  $\frac{1}{8}$  inch thick and onion to about  $\frac{1}{4}$  inch).
3. Place turkey in a medium-sized mixing bowl and combine with seasoning ingredients. Mix until the spices are evenly distributed.
4. Form turkey into four equal-sized patties.
5. Grill turkey burgers on high for approximately five minutes per side, flipping once.
6. Grill the onion and portobello caps on high for 3-4 minutes.
7. Serve the burger on top of the portobello cap with lettuce, onion, and tomato.

ENJOY!

From: *Make it Paleo*

