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Spicy Turkey Burgers with Pickled Onions

Pickled Onions

- 1 Cup red-wine vinegar
- 2 Tablespoons packed brown sugar
- 1/2 Teaspoon salt
- 1/4 Teaspoon ground allspice
- 1 Small red onion, halved and very thinly sliced

Burgers

- 1 Pound 93%-lean ground turkey
- 2 Tablespoons chopped fresh cilantro
- 1 1/2 Teaspoons ground cumin
- 1/2 Teaspoon ground chipotle pepper, (see Note)
- 1/2 Teaspoon salt
- 1/8 Teaspoon ground allspice
- 1 Teaspoon canola oil
- 4 Whole-wheat buns, split
- 8 Teaspoons reduced-fat mayonnaise

- 1) To prepare pickled onions: Whisk vinegar, brown sugar, salt and allspice in a medium glass bowl. Cover and microwave on High until the mixture boils, 2 to 3 minutes. (Alternatively, bring the mixture to a boil in a small saucepan on the stove.) Add onion and toss to coat.
- 2) To prepare burgers: Preheat grill to high. Place turkey in a medium bowl and gently mix in cilantro, cumin, ground chipotle, salt and allspice until distributed throughout the meat. Form the mixture into 4 patties. Brush with oil.
- 3) Grill the burgers until cooked through and no longer pink in the center, 3 to 4 minutes per side. Toast buns on the grill, if desired.
- 4) Drain the onion, discarding the marinade. Spread 2 teaspoons mayonnaise on each bun; top with a burger and pickled onions.

Makes 4 Servings

