



I have been making these burgers for years..
and never did I have a recipe written, just threw everything
in a bowl and mixed....

WElllllll, if any of you are craving a wonderful bbq burger,
your search is over...EVEN my kids love these, and for years
they had no idea they were not made out of beef.
IN fact now that they know, they only eat burgers this way.

Sooooo here you go. And this is one of the recipes for
our **SUMMER PLAN**, you can all have this as a choice
for any PLAN except for PLAN A.

PLAN WORTHY BBQ BURGERS

This will make **8 large burgers**, so you may want to
make these and heat the next day...WE do here
all the time. Served with whole wheat Kaiser buns.

David has them on our George Forman Grill at the moment,
we would bbq, but it is snowing outside...

INGREDIENTS

2 cups of ground chicken + 2 cups of ground turkey
OR 4 cups of either chicken or turkey,
(I always like to mix them, although I have never found
the change to be that noticeable, just habit..)

1 medium egg

1/3 cup of dry onion flakes, or 2/3 cups of fresh cut sweet onions (chopped)

1 cup of dry oatmeal (uncooked)

1/3 cup of your fav bbq sauce (home made of ours is perfect) or any that you can find as long as it is not

KRAFT

(theirs has toooo much sugar among other ingredients that are not good for you)

1 tsp freshly ground black pepper.

HOW to..

MIX in one large bowl...all the ingredients..I actually find mixing with my hands the best way to mix it all together.

I can make 8 large size patties..Great for one Kaiser whole wheat bun.
(not all 8 patties silly, one at a time Ü)

1 burger is more than enough...very filling.

The men may want 1 1/2. David finds he can never eat two complete burgers...1 and a half of one is more than enough.

I always serve a small salad with it as well with apples, walnuts raisins, with a oil and garlic dressing.

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"DO WHAT YOU LOVE AND
PEOPLE WILL LOVE WHAT YOU DO"