
Ranch Turkey Burgers

The Essential Southern Living Cookbook

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 20 minutes

A mix of reduced-fat sour cream, mayonnaise and buttermilk keeps the patties moist, while a few spicerack staples add the ranch house flavor.

1 1/4 pounds ground turkey
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon dried dill
1/4 cup reduced-fat sour cream, divided
1/4 cup mayonnaise, divided
3 tablespoons reduced-fat buttermilk, divided
3/4 teaspoon Kosher salt, divided
3/4 teaspoon black pepper, divided
1 tablespoon olive oil
1 teaspoon apple cider vinegar
4 hamburger buns, toasted
Romaine lettuce heart leaves (for topping)
thin tomato slices (for topping)
red onion slices (for topping)

In a medium bowl, combine the turkey, garlic powder, onion powder, dill, one tablespoon of sour cream, one tablespoon of mayonnaise and one tablespoon of buttermilk. Divide the turkey mixture into four five-ounce portions. Shape each into one-inch-thick patties. Sprinkle the patties with 1/2 teaspoon of salt and 1/2 teaspoon of pepper.

Heat the oil in a large nonstick skillet over medium-high heat. Add the burgers to the skillet. Cover and cook until the bottoms are browned, about 4 minutes. Turn the burgers. Cover and cook until browned and a meat thermometer inserted in the thickest portion registers 165 degrees, about 3 minutes.

In a small bowl, stir together the apple cider vinegar and remaining three tablespoons each of the sour cream and mayonnaise and the remaining two tablespoons of the buttermilk. Add the remaining salt and pepper to the bowl. Spread about one tablespoon of the mixture on each bun half. Place one patty on the bottom half of each bun. Top each with lettuce, tomato and red onion slices. Place the top bun half on the burger.

Sandwiches

Per Serving (excluding unknown items): 466 Calories; 29g Fat (56.0% calories from fat); 29g Protein; 22g Carbohydrate; 1g Dietary Fiber; 117mg Cholesterol; 806mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat.