

# RECIPE OF THE WEEK: PALEO EDITION

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## Cilantro Turkey Burgers

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### Ingredients:

1 lb ground turkey  
1 cup cilantro, chopped  
¼ cup red onion, finely chopped  
2 tsp garlic, minced  
1 tsp sea salt  
¼ tsp freshly ground black pepper  
4 large romaine leaves

### Instructions:

1. Prepare the grill, or turn the broiler on low.
2. Combine all ingredients in a bowl and use a fork to mix well.
3. Divide into 4 portions and shape into patties.
4. Grill or broil until cooked to desired temperature

### Options:

1. Goes great with guacamole
2. Wrap in lettuce to eat it like a burger

Compliments of [paleoplan.com](http://paleoplan.com)

