Turkey Burgers

1 lb ground turkey

1/2 cup finely chopped red onion

1/4 cup panko breadcrumbs

2 garlic cloves, minced

1 egg

1 tsp sea salt

1 tsp onion powder

1 tsp liquid smoke

1/2 tsp dried Italian herb mix

1/4 tsp black pepper

Gently combine the patty ingredients with hands.

Divide the meat mixture into 4 equal portions and form them into patties.

Press a divot into the middle of each patty.  Refrigerate 30 minutes.

Heat grill.  Place patties on hot grate and cook 4-5 on one side.

Flip patties and grill until cooked through.