 **Beef Burger**

Ingredients:

* ¼ lb ground beef
* ½ egg beaten
* 40ml dry bread crumbs
* 1 clove of garlic minced
* 5ml Worcestershire sauce
* ½ ml cayenne pepper
* Salt and pepper

Method:

Make sure meat is thawed. Put meat into a bowl and add other ingredients. Mix with hands thoroughly. Form into ball and flatten into Frisbee. Fry in a pan for 5-7 minutes per side.

**Turkey Burger with Spinach and Cranberries**

Ingredients:

* ¼ lb ground turkey
* ½ egg beaten
* 40ml dry bread crumbs
* 50ml spinach, chopped
* 25ml dried cranberries
* Salt and pepper

Method:

Same as beef burger with these ingredients

**Quinoa Burger**

Ingredients:

* 50ml quinoa (cook with 100ml water)
* 30ml cheddar cheese, shredded
* 15ml egg, beaten
* 15ml cottage cheese
* ¼ of a carrot, grated
* ½ green onion, chopped
* 7ml flour
* Dash of sugar
* Dash of salt and pepper
* Dash of cumin
* Dash of garlic powder

Method:

Put quinoa and water into a small pot, bring to a boil then turn to low and cover about 10 minutes. Mix quinoa and other ingredients in a bowl mix same as other burgers. Cook less time per side 2-3 minutes.