

# Waldorf Salad & Turkey Burgers

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## SKILLS LEARNED

- Working with meat
- Sanitary necessities
- Measuring
- Cutting & Coring
- Knife skills
- Frying Meat
- Melting Cheese

## EQUIPMENT

- Knives
- Whisk
- Measuring cups & spoons
- Frying Pan & lid
- Bowls

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### Waldorf Salad

Serves 6

#### **In a medium bowl, whisk together:**

- ¾ cup of mayonnaise or yogurt
- 1 Tablespoon & 1 ½ teaspoons lemon juice
- 1 teaspoon salt

#### **Stir in:**

- 3 medium apples, cored & chopped
  - 1 ½ cup thinly sliced celery
  - ½ cup raisins
  - 1 ½ cups chopped, toasted walnuts
- If desired, serve on a bed of lettuce.

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### Turkey Burgers

Serves about 4

#### **In a medium bowl:**

- 1 package ( 1 pound) of ground turkey (I prefer Kosher at Trader Joe's)

#### **Add & Combine:**

- 1 teaspoon salt
- 1/8-1/4 teaspoon ground pepper
- 2-3 Tablespoons of ketchup
- 1-2 Tablespoons of mustard

#### **Form the patties (4 burgers)**

#### **In a medium frying pan add:**

- Enough cooking oil (not olive) to cover the bottom of the pan
- Heat the pan and add the burgers.
- Cook on medium high heat until patty is cooked half way through.
- Flip over and if desired, top with the cheese of your choice.
- Cover and continue cooking until cheese is melted. Patty should be done at the same time.

**If you don't want cheese, it's not necessary to cover the pan.**

**Place on a bun or toast. Add whatever condiments you like!**

