

Turkey Burgers

- 1 lb lean ground turkey
- 1 1/2 cups finely shredded zucchini (about 1 medium)
- 1 large garlic clove, grated
- 1 teaspoon cumin
- 1/2 teaspoon Himalayan sea salt
- 1/4 teaspoon ground black pepper
- 5 teaspoons avocado oil



1. In large mixing bowl, add ground turkey, zucchini, garlic, cumin, salt and pepper. Using your hands, mix well.

2. Form 6 large turkey burger patties about a size of a medium hand. Flatten them as burgers “jump up” while cooking. Use wet hands to help with stickiness issue. I usually form patties as I am waiting for skillet to get hot and as I go.

3. Stovetop: Preheat medium ceramic non-stick skillet on low-medium heat. It’s important to cook turkey burgers low and slow so they get cooked through and do not fall apart (they won’t). Add about 1-2 teaspoons of oil to the skillet and swirl around. Place 3 patties in the skillet and cook for 5 minutes per side, flipping once. Repeat with remaining oil and burgers.

Grill: If grilling, freeze burgers for 10 minutes prior. Helps to hold their shape. Preheat grill on medium and spray with cooking spray. Spray turkey patties on both sides with cooking spray, place on a grill and cook for 6-8 minutes flipping once. Grills vary, so check your burger for doneness by inserting a food thermometer into the center of the patty. You are looking for 165 degrees = done.

5. Serve hot and right away is the best. Burgers are the most juicy this way. Serve “naked” with mashed avocado and salsa. Or on a bed of greens.

Makes 4 servings.

Serving Size = 4 ounce patty (can be more because the zucchini increases weight)

Add 1 serving of on plan fruit + 2 servings of vegetables to complete the meal.

