

Turkey Zucchini Burgers

- For the burgers: 1 pound ground turkey, light or dark meat
- 1 large zucchini, coarsely grated
- 3 scallions, thinly sliced
- 1 large egg
- 2 tablespoons chopped mint
- 2 tablespoon chopped cilantro
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon Himalayan sea salt
- 2 teaspoons coconut oil, for greasing the pan



1. In a large bowl, combine first 9 ingredients. Mix well. With dampened hands form the mixture into burgers about 1 inch thick. Each patty pre cooked is 4-5 ounces & will cook to about 3 ozs.
2. In a large sauté pan or stove top grill over medium, add 1-2 teaspoons olive oil and add the burger patties. Cook burgers 3-4 minutes on each side for small slider burgers or 5-6 minutes on each side for larger burgers.
3. Place all the sauce ingredients in a small bowl and stir to combine. Place the burgers on lettuce buns.

Makes about 4 burgers depending on leanness of meat.

Serving Size = approximately 4 ounces (can be more because the zucchini increases weight)

Enjoy with 1 serving of on plan fruit + 2 servings of vegetables.

