

Turkey Zucchini Burgers

Instructions

1. Squeeze all moisture out of the grated zucchini with paper towels.
2. Combine the ground turkey, grated zucchini, breadcrumbs, minced garlic, onion, salt, and pepper in a bowl and mix until combined.
3. Form the mixture into five equally sized patties, about 4 oz each.
4. Spray the grill with nonstick spray to prevent sticking. Cook the burgers on medium heat for about 5 minutes on each side or until no longer pink in the center.
5. Serve over brown rice or on a whole wheat bun with your favorite burger toppings.

Ingredients

- 6 oz of grated zucchini
- 1 lb of 93% lean ground turkey
- 1/4 cup of whole wheat breadcrumbs
- 1 clove of garlic, minced
- 1 tbsp of red onion, finely chopped
- 1 tsp salt
- 1 tsp pepper

Grocery List

Produce

- Zucchini
- Garlic
- Red onion

Canned Goods/Grocery

- Breadcrumbs
- Salt and pepper

Meat

- 93% lean ground turkey