

Turkey zucchini burgers with zesty lemon yogurt sauce

Ingredients

Burger

- 1 medium zucchini, grated (about 1 heaping cup), excess moisture squeezed out
- 1 pound ground turkey
- 2 garlic cloves, finely minced or grated
- 2 green onions, finely chopped
- 2 tablespoons fresh parsley or dill, chopped
- 1 teaspoon smoked paprika
- ½ teaspoon ground cumin
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- 1–2 tablespoons oat flour or breadcrumbs
- 1–2 tablespoons olive or avocado oil, for cooking

Optional:

- Burger bun or lettuce wrap
- Cucumber
- Tomato
- Slaw

Yogurt sauce

- ½ cup plain Greek yogurt
- Zest and juice of ½ lemon
- 1 tablespoon tahini or olive oil
- 1 small garlic clove, grated
- Salt to taste

Directions

Burgers

- Grate zucchini on large holes of a box grater.
- Place zucchini in a clean kitchen towel and squeeze out as much moisture as possible.
- In a large bowl, combine turkey, grated zucchini, garlic, green onions, herbs, spices, salt, pepper and oat flour.
- Mix gently, adding more oat flour if mixture is too wet to form patties.
- With slightly moist hands, make 6 patties about 3/4-inch thick.

Note: Uncooked patties layered in parchment can be frozen for up to 3 months.



Nutritional information

Servings: 6

Cost: \$15.35/\$2.56 per serving

Calories: 208 per serving

Cooking methods

- Grilling: Use a grill mat or place patties on well-oiled grates. Over medium-high heat, grill 4-5 minutes per side until done (165°F internal temp).
- Stove top: Heat 1-2 tablespoons oil in a nonstick or cast-iron skillet over medium heat. Cook 4-5 minutes per side or until browned and cooked through.
- Bake: 425°F for 9-10 minutes, flip patties and continuing cooking 9-10 more minutes or until done.

Yogurt sauce

- Mix ingredients in a small bowl until smooth. Adjust salt and lemon to taste.
- Serve burger on bun or lettuce wrap topped with sauce, sliced cucumber, tomato and/or slaw.