

# HERB SEASONED TURKEY BURGERS



This institution is an equal opportunity provider. Funded by the USDA Supplemental Nutrition Assistance Program (SNAP).

## INGREDIENTS

- 1 lb ground turkey meat
- 1 large zucchini, grated
- 2 green onions, chopped
- 2 cloves garlic
- 2 tbsp fresh mint
- 2 tbsp fresh cilantro
- 1/2 tsp black pepper
- 1 tsp salt
- 1 tsp cumin
- 1/2 tsp cayenne pepper
- 3 1/2 tbsp olive oil

## DIRECTIONS

1. Use a cheese grater to shred the zucchini
2. Pat the zucchini with a paper towel to squeeze out the water.
3. Mix the zucchini, herbs and the seasonings with the ground turkey meat, and form into patties.
4. Pan sear the patties on each side under dark and crisp.
5. Enjoy! Feel free to add lettuce, red onion, and low fat sour cream or plain yogurt.

Source: [https://www.simplyrecipes.com/recipes/spicy\\_turkey\\_and\\_zucchini\\_burger/](https://www.simplyrecipes.com/recipes/spicy_turkey_and_zucchini_burger/)

## NUMBER OF SERVINGS

**8**

TIME TO  
PREPARE  
**25 mins**

TIME TO  
COOK  
**25 mins**

## TOOLS NEEDED

- Cooking pan
- Mixing spoon
- Mixing bowl
- Cheese grater

