



# Green Goddess Turkey Burger

SERVINGS: 4

PREPPING TIME: 25 MINS

COOKING TIME: 15 MINS

## INGREDIENTS

### Green Goddess Sauce:

- 1/2 cup Greek yogurt
- 1 avocado
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh chives
- 1 tbsp. lemon juice
- 1 clove garlic, minced
- 1/2 tbsp. baby capers
- Salt, to taste

### Pickled Onions:

- 1/2 cup thinly sliced red onion
- 1/4 cup apple cider vinegar
- 1 tbsp. honey
- 1/2 tsp. salt

### Turkey Burger Patties:

- 1 lb. 93% lean ground turkey breast
- 1 cup shredded zucchini, remove excess liquid
- 1/2 cup raw oats
- 1/4 cup almond flour
- 1/4 cup grated reduced-fat parmesan
- 1 egg
- 2 cloves garlic, minced
- 1 1/2 tsp. dried oregano
- 1/2 tsp. salt
- 1/2 tsp. black pepper

## DIRECTIONS

1. **Green Goddess Sauce:** Blend all sauce ingredients until smooth. Adjust salt to taste.
2. **Pickled Onions:** Mix all ingredients and let sit for 10 minutes, stirring occasionally.
3. **Turkey Burger Patties:** Combine turkey, zucchini, oats or almond flour, Parmesan, egg, garlic, oregano, salt, and pepper in a bowl. Form mixture into 4 patties. The mixture will be wetter than a typical burger patty due to the zucchini and egg, which help keep the patties moist. If the mixture is too wet to handle, you can lightly moisten your hands or use a spatula to shape it. Grill patties over medium heat until fully cooked (165°F internal temperature), about 6-7 minutes per side.
4. **Burger Assembly:** Place patties on buns or lettuce wraps. Top with green goddess sauce, pickled onions, tomatoes, lettuce, and any additional vegetables.

## NUTRITION

Serving size: 1 burger (375g)  
 (per serving) 440 calories, 24g fat, 5g saturated fat, 135mg cholesterol, 580mg sodium, 28g carbohydrate, 8g fiber, 10g sugar, 34g protein