

TURKEY BURGERS WITH ZUCCHINI

Preparation: **10** minutes | Cooking: **10** minutes | Servings: **5**

INGREDIENTS

6 ounces grated zucchini
5 whole wheat buns
1 pound 93% lean ground turkey
1 clove garlic
1/4 cup season whole wheat breadcrumbs
1 tablespoon grated red onion
1 teaspoon kosher salt and fresh pepper
Oil spray



INSTRUCTIONS

Squeeze all the moisture from the zucchini with paper towels. In a large bowl, combine ground turkey, zucchini, breadcrumbs, garlic, onion, salt and pepper. Make 5 equal patties, 4 ounces each, not too thick so they cook in the center. Heat a large nonstick skillet on high heat. When hot, lightly spray oil. Add burgers to the pan, and reduce the heat to low. Cook on one side until browned and then flip. Flip over a few times to prevent burning and to make sure the burgers are cooked all the way through. If grilling: Clean grill well before cooking, and spray with oil spray to prevent sticking. Cook the burgers on medium heat about 5 minutes on each side or until no longer pink in the center.