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ZUCCHINI TURKEY BURGERS with sweet potato fries

yield: **4 SERVINGS**

prep time: **30 MINUTES**

total time: **45 MINUTES**



EQUIPMENT:

Cutting board
Chef's Knife, sharp
Grater (will use to shred zucchini)
Frying pan or skillet
Baking sheet
2 large mixing bowls

INGREDIENTS:

Turkey Burgers:

1 lb ground turkey
1 medium zucchini: ~1 C lightly packed, shredded zucchini (squeezed dry in a cloth or paper towel)
3 scallions, chopped (or 1/3 cup of chopped onion)
1 tsp garlic powder
1 tsp ground cumin
Salt and pepper
4 Buns (I serve without bun on a bed of lettuce instead)

Sweet Potato Fries:

2 Medium/Large sweet potatoes - cut into thick wedges (~10-12 wedges per potato)

2 Tbsp olive oil

½ tsp paprika

½ tsp garlic powder

Salt and pepper

Yogurt Sauce:

½ cup plain Greek yogurt

Juice from ½ lime

1 tsp dried or fresh dill

Salt and pepper to taste

DIRECTIONS:

1. Preheat oven to 425 degrees. Wash and then slice sweet potatoes (cut off the ends and then cut the potatoes in half, the long way. Then cut those halves in half again, making quarters. From there, cut each of the quarters into 3-4 wedges or cut as desired). Place sweet potato wedges and olive oil into a large bowl. Add salt, pepper and paprika (or any other desired spices). Toss together until evenly coated and then position wedges on a baking sheet, in a single layer. Bake for 20-25 minutes or until golden brown and tender.
2. Once the sweet potato wedges are in the oven, gather turkey burger ingredients. Wash and shred zucchini. Chop scallions. Add all turkey burger ingredients to a bowl and combine with hands until well blended. Form 4 evenly shaped burgers.
3. Preheat large skillet or pan over medium heat. Add olive oil to the pan. Cook each turkey burger until crisp and golden brown on the bottom side (about 3-4 minutes), then flip each burger and cook for an additional 7-8 minutes on each side or until burgers are completely cooked (feel free to use an instant-read thermometer to test the core temperature, which should be 165 degrees).
4. While the burgers are cooking, make your yogurt sauce. Blend yogurt, dill, lime juice and salt and pepper. Chill until ready to serve.
5. Serve each burger on a gluten-free bun or on a bed of greens with a side of your homemade sweet potato fries.