

## Turkey Burgers (Makes 4-5)

1 to 1¼ lb ground turkey  
1 small zucchini shredded through cheese-grater  
1/4 cup red onion diced fine  
1/4 cup shredded low-fat cheese  
1 clove garlic  
Salt and pepper to taste (or my favorite – “The Keg” Steak Spice)  
1 package burger buns

### Optional:

1 small head Napa cabbage  
1 small container Tzatziki

1 Tbs oil if frying

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- 1.) Mix the turkey, zucchini, onion, cheese, garlic, and spices together. Blend well
- 2.) Form into 4 or 5 equal patties, making a dimple in the middle of each patty. This will prevent getting burger “balls”
- 3.) Either grill about 7 min/side or pan fry in small amount of oil turning often. Check to make sure cooked through.
- 4.) Enjoy! Try serving with Napa cabbage with tzatziki for a real experience