



Herbed Turkey Burgers with Zucchini Buns



Ingredients

8 – 10 oz ground organic, lean turkey meat

2 tablespoons fresh oregano, chopped

2 garlic cloves, minced

4 thick slices of zucchini (or eggplant, summer squash, etc.)

Olive oil spray

Salt & pepper to taste

Toppings: sliced tomato, avocado, cheese, ketchup, mustard, mayo, hot sauce, etc.

Instructions

In a large bowl, combine the turkey meat, oregano and garlic cloves, and mix with your hands until fully combined. Form into two patties and set aside.

Heat a grill pan (or outdoor grill) to medium high heat.

Spray the zucchini on both sides and sprinkle with salt and pepper.

Add the zucchini to the grill pan, cooking 2 – 3 minutes per side until you have nice grill marks and the zucchini still holds its shape.

Add the turkey burgers to the grill, cooking 3 – 5 minutes per side, until cooked.

Serve between zucchini slices and add your preferred toppings.

Enjoy!