

Time: 30
min work + 1
hour chill

Serves: 4



Ingredients:

Burger ingredients:

- 1 lb ground turkey
- 1 medium to large zucchini, shredded or large grated
- ½ a medium onion, grated
- 1 Tablespoon garlic, minced fine or grated
- ¾ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 teaspoons cumin
- ½ a jalapeno pepper, minced fine (optional)
- 1/3 cup chopped fresh cilantro
- 4 whole wheat burger buns
- Desired toppings (lettuce, tomato, red onion, etc...)

Cilantro Crema Ingredients:

- ½ cup sour cream (can substitute plain Greek yogurt if desired)
- ¼ cup finely chopped cilantro
- 2-3 teaspoons finely chopped jalapeno pepper (adjust to taste)
- 2 teaspoons fresh lime juice
- 1 teaspoon garlic salt
- Salt and pepper to taste

Directions:

- Combine everything for the burger patties (the first 9 ingredients) in a bowl. Make sure they are well combined but don't overwork the meat or it will become tough.
- Form meat mixture into 4 equal balls.
- Line a cookie sheet with a silicone mat or wax paper. Flatten each meatball into a patty on the tray. Make them even thickness and as big around as your buns. Refrigerate the patties for at least an hour.
- Meanwhile, Combine the ingredients for the cilantro crema in a small bowl and refrigerate until ready to use.
- Grease a grill or grill pan and cook the patties. They take 6-10 minutes depending on the heat of your grill/grill pan. Flip them once half way through. They are finished when they are browning and have reached an internal temperature of 165°.
- Grill the buns if preferred (I prefer), and dress the burgers with the cilantro crema and desired toppings.
- Enjoy!