

TURKEY CILANTRO LIME BURGERS



DIFFICULTY

EASY



TIME

25 MIN



SERVES

4

INGREDIENTS

1 lb ground turkey
2 Tbsp Coconut Aminos
1 tsp lime zest
1/2 tsp salt
1/2 tsp pepper
1/2 tsp garlic powder
1/2 tsp ground cumin
1/4 tsp onion powder
1/4 cup fresh chopped cilantro
2 tsp olive oil

DIRECTIONS

1. Add all ingredients EXCEPT THE OLIVE OIL to a large bowl. Use your hands to combine ingredients.
2. Form into four patties. If you're not grilling immediately place the patties on a plate and cover with plastic wrap in the refrigerator. (Ground turkey is very soft and it will firm up the refrigerator. Don't let it sit out any longer than necessary.)
3. Heat the grill to medium-high heat.
4. Brush olive oil on both sides of each burger.
5. Gently place each patty on the grill.
6. Sear until brown, about 5 to 6 minutes. Do not flip your burger too early or it will fall apart. When it's sufficiently browned on one side, flip. Sear remaining side until browned and patty is cooked through, another 5 to 6 minutes. Remove from the grill and serve!

NUTRITION FACTS PER SERVING

Calories: 165 Fat: 4g (Saturated Fat: -g) Carbohydrates: 3g Fiber: -g Sugar: -g Protein: 26g



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