Turkey Burger

1 pound ground turkey meat

1 egg

1 small onion (chopped)

1 clove garlic (crushed)

½ cup breadcrumbs

1 tbsp tomato puree

1 tbsp chopped fresh herbs or 1 tsp mixed dried herbs

Salt and pepper to taste!

1 tbsp oil (for cooking!)

½ cup feta cheese

1 cup shredded spinach

4 whole wheat buns

For serving – 1 cup spinach, 4 slices tomatoes, seasoned mayo

1. Place all ingredients in a bowl
2. Using your CLEAN hands, mix all the ingredients together
3. Divide the mixture into 4 equal pieces.
4. Shape into patty approx. ½ inch thick.
5. Heat oil on pan. Carefully place patties on hot pan. Turn down heat to medium, cook for approx. 4 minutes. Carefully turn and cook on other side. Cook until internal temp reaches 160°F

Baked Carrot and Parsnip Chips

- 2 medium carrots (cut in sticks)
- 2 medium parsnips (cut in sticks)
- ½ cup ranch dressing
- 1 tablespoon homemade spice mix
- 1 tablespoon oil

1. Heat oven to 400°F
2. Combine all ingredients (except ranch dressing) in a bowl
3. Place veg on cookie sheet
4. Bake for 15 minutes
5. Serve with Ranch dressing