

Turkey Burger

1 pound ground turkey meat

1 egg

1 small onion (chopped)

1 clove garlic (crushed)

½ cup breadcrumbs

1 tablesp tomato puree

1 tablesp chopped fresh herbs or 1 teasp mixed dried herbs

Salt and pepper to taste!

1 tablesp 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