

Turkey & Zucchini Sliders



These flavor-packed meat and veggie patties are both kid and adult approved! You can also adjust the spice level to suit your family's tastes.

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

1 lb.	Ground Turkey
1 medium	Zucchini, grated (about 2 cups)
3 each	Green onions (scallions), thinly sliced
1 each	Egg, large
2 Tbsp	Mint, chopped
2 Tbsp	Cilantro, chopped
2 cloves	Garlic, chopped
1 tsp	Cumin, ground
½ tsp	Cayenne (optional)
1 tsp	Kosher Salt
½ tsp	Black Pepper, ground
3 Tbsp	Canola or Vegetable Oil

CHEF'S NOTES

These patties can also be shaped into smaller meatballs or larger burgers, depending on your preference. Just plan to adjust the cooking time accordingly.

This recipe is a great way to sneak more vegetables in a traditional meat dish. The zucchini adds extra moisture to ground turkey which can be a little dry, due to its lower fat content. And adding green onion and earthy cumin pumps up the flavor making these sliders a crowd pleaser!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 425°F.
2. Combine all the ingredients except the oil in a large bowl. Using your hands, mix until well combined.
3. Shape the mixture into 18 – 20 patties, about 1.5 oz. each.
4. Heat a large sauté pan or cast-iron skillet over medium heat. Once hot, add 1 Tbsp of the oil. Add the patties in a single layer (do not crowd the pan) and sear on both sides until golden brown, about 4 minutes. Transfer to a sheet tray.
5. Repeat this process until all the patties are seared, adding more oil as needed with each batch.
6. Transfer the tray of seared patties to the oven to cook through, about 5-7 minutes. Serve 3 sliders with lemony yogurt sauce (see separate recipe).

Nutrition Facts

6 servings per container

Serving Size 3 sliders (134 g)

Amount per serving

Calories 200

% Daily Value *

Total Fat 14g 18%

Saturated Fat 2.5g 12%

Trans Fat 0g

Cholesterol 85mg 29%

Sodium 390mg 17%

Total Carbohydrate 2g 0%

Dietary Fiber less than 1g 2%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 16g 32%

Vitamin D 0.44mcg 2%

Calcium 30mg 3%

Iron 1mg 7%

Potassium 300mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

