

# 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.*

<b>YIELD</b> <b>5 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>35 MIN</b>
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## INGREDIENTS

1 lb	Ground Turkey, 93% lean
1 medium	Zucchini, grated (about 2 cups)
3 each	Green onions, thinly sliced
¼ cup	Whole Wheat Breadcrumbs
1 each	Egg, large
2 Tbsp	Mint, chopped
2 Tbsp	Cilantro, chopped
2 cloves	Garlic, chopped
1 tsp	Cumin, ground
½ tsp	Kosher Salt
½ tsp	Black Pepper, ground
¼ tsp	Cayenne (optional)
2 Tbsp	Canola Oil

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 400°F.
2. In a large mixing bowl, combine all the ingredients except the oil. Using your hands, mix until well combined, taking care not to overwork the mixture too much. It should look well blended and be able to hold together when squeezed.
3. Using a 2 oz muffin scoop, portion the mixture into about 10 patties and place on a sheet tray or plate.
4. Heat a large nonstick sauté pan over medium heat. Once hot, add 1 Tbsp of the oil. Add about half the patties in a single layer (do not crowd the pan) and sear gently on both sides until golden brown, about 4 minutes. Transfer to a clean sheet tray.
5. Repeat this process until all the patties are seared, adding the remaining 1 Tbsp oil with the second batch.
6. Transfer the tray of seared patties to the oven to finish cooking through, until they reach an internal temperature of 165°F, about 5-7 minutes.

## 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. Add them to a whole wheat bun for a delicious sandwich!

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 bright mint and smoky cumin pumps up the flavor, making these sliders a crowd pleaser!

# Nutrition Facts

5 servings per container

**Serving size** 2 sliders (167g)

**Amount Per Serving**

**Calories** 230

**% Daily Value\***

**Total Fat** 14g 18%

Saturated Fat 2.5g 13%

Trans Fat 0g

**Cholesterol** 105mg 35%

**Sodium** 320mg 14%

**Total Carbohydrate** 7g 3%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 20g 40%

Vitamin D 0.5mcg 2%

Calcium 60mg 4%

Iron 2.2mg 10%

Potassium 370mg 8%

\* 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.

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