



What's On My Plate?

Alisha's Turkey Veggie Burgers

Ingredients:

- 1 Carrot, finely grated
- 1 Zucchini, finely grated
- 1 Yellow squash, finely grated
- 1/2 Yellow onion, finely grated
- 1 lb. Ground turkey
- 1 egg
- 1/2 cup bread crumbs
- 1 tsp. Seasoning salt (Lawry's)
- 1/2 tsp. Pepper
- 1 tbsp. Worcestershire sauce

Directions:

1. After grating all of your vegetables get rid of the liquid by squeezing it out in a couple of paper towels.
2. In a large mixing bowl add vegetables to the turkey meat, egg, bread crumbs and seasonings. Mix together (Hands work best).
3. Divide into patties and grill just like hamburgers. (I used my George Foreman grill at 300 degrees for 12 minutes and they came out perfect.) The mixture can also be used for meatballs or meatloaf.
4. Note... Alisha like me doesn't usually use recipes to a tee; the following is just a jumping off point.