



The Edible Garden

Recipe featured at *Whole Foods Market* demonstration, September 3

Back to School Special: Veggie N Turkey Burgers

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Serves 6

Ingredients

1 pound ground dark meat turkey
¼ cup packed grated zucchini, squeezed of excess liquid
¼ cup packed grated carrot
¼ cup frozen spinach thawed and squeezed to remove excess water
¼ cup crumbled feta cheese
2 tablespoons finely chopped oil cured black olives
½ cup fresh parsley leaves, roughly chopped
¼ teaspoon onion powder
¼ teaspoon garlic powder
¼ teaspoon sea salt
Several grindings of black pepper
Olive oil cooking spray

Instructions

1. In a large bowl, using a spoon or fork, combine all ingredients except cooking spray, mixing well to combine.
2. Form turkey mixture into six equally sized patties. Make sure they aren't too thick so they will cook quickly.
3. Spray a non-stick skillet with olive oil spray. Add turkey patties in one layer and cook over medium-low flame heat skillet for about 5-7 minutes, or until browned on one side. Reduce heat; flip once and cook 5-7 minutes more, or until browned. Check for doneness by piercing the middle of the patty with a knife—the inside should be white-ish.
4. Serve on whole wheat buns with your favorite toppings.

