



Greek Seasoned Turkey Burgers & Parsnip Fries

4 servings

45 minutes

Ingredients

4 Parsnip (large, peeled, cut into fries)
 1/4 cup Avocado Oil (divided)
 1/2 Lemon (juiced)
 3 tbsps Greek Seasoning (divided)
 454 grams Extra Lean Ground Turkey
 1/4 Yellow Onion (grated)
 1/4 cup Parsley (finely chopped)
 2 Garlic (cloves, minced)
 4 cups Mixed Greens

Nutrition

Amount per serving	
Calories	422
Fat	24g
Carbs	30g
Fiber	6g
Sugar	8g
Protein	24g
Cholesterol	84mg
Sodium	1554mg
Vitamin A	403IU
Vitamin C	32mg
Calcium	114mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the parsnips to a large bowl. Add half of the oil, lemon juice, and half of the Greek seasoning. Toss to combine.
- 3 Spread them out onto the baking sheet and bake for 30 to 35 minutes, turning them halfway through.
- 4 While the fries are in the oven, preheat the grill to medium heat.
- 5 Add the ground turkey, the remaining oil, remaining Greek seasoning, onion, parsley, and garlic to a large bowl. Mix well to combine. Form the mixture into even patties.
- 6 Add the burgers to the grill and cook for six to seven minutes per side or until cooked through.
- 7 Divide the mixed greens, burgers, and parsnip fries onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Lettuce, tomatoes, onions, pickles, or any of your favorite burger toppings. Serve with a bun or a lettuce bun. Add feta and fresh herbs to the parsnip fries.