

Apple Sage Turkey Burgers with Garlic Aioli

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Servings: 4-6

Serving Size: 1 burger

Ingredients:

For the burgers:

1 ¼ pounds organic, free range ground turkey
¼ cup almond meal
2 scallions, thinly diced
2 tablespoons fresh sage, minced
½ cup shredded apple (sweet or tart)
1 tablespoon Dijon mustard
2 cloves garlic, minced
½ teaspoon salt
½ teaspoon pepper
1/2 tablespoon coconut oil, red palm oil, or grapeseed oil
4-8 lettuce leaves

For the aioli:

¼ cup organic mayonnaise made from cage free eggs and olive oil
1 clove garlic, minced
1 teaspoon Dijon mustard
Salt and pepper to taste
1 tablespoon fresh lemon juice

Directions:

1. Combine all burger ingredients through black pepper in a large bowl and mix until well incorporated. (I use my hands to do this best).
2. Form 4-6, 1-inch thick patties.
3. Heat a large skillet over medium heat, add the oil, and tilt to coat. Once hot, add burgers and cook 5-7 minutes per side or until grilled brown on the outside and cooked through.
4. While burgers cook, combine aioli ingredients in a small bowl and whisk until well combined.
5. Serve burgers inside lettuce wraps with 1 tablespoon aioli on top.

Tips and Tricks:

These can be made up to 2 days in advance, just store uncooked in airtight container in the refrigerator. You can also freeze these (uncooked) beautifully for up to 3 months. Just defrost in the refrigerator the night prior to cooking them.

Nutritional Information Per Serving:

**Calculated using lettuce wraps.*

Calories: 355.9
Fat: 24
Cholesterol: 10 mg
Sodium: 561 mg
Total Carbohydrate: 4.6 g
Dietary Fiber: 1.4 g
Sugars: 2.1 g
Protein: 29.2 g