

Lucky Turkey Burger Salad

Serves one person



7 oz ground turkey
1/2 cup iceberg lettuce
1/2 cup cucumber, thinly sliced
1 celery stalk, thinly sliced with a potato peeler
1/2 cup green onions, chopped
1/4 tbsp garlic powder
1/2 lime, juiced
1/2 tsp olive oil
1/4 tsp grapeseed oil
Sea salt & pepper to taste

Cooking Directions:

1. In a medium sized bowl, mix together ground turkey and garlic powder; make a patty with the turkey (be careful, its fragile).
2. Now, in a hot non-stick pan with grapeseed oil, add turkey patty; let cook.
3. Meanwhile, place iceberg lettuce leaves on a plate and when the turkey burger is well cooked, place it on top of the iceberg lettuce.
4. Then, start layering on the cucumber slices and celery slivers.
5. Next, cover with another iceberg lettuce leaf and green onions (the lettuce is the bun).
6. Lastly, drizzle with olive oil and lime juice.

Enjoy this delicious meal!