

Turkey Burger



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 leafs 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!