



Century
Federal Credit Union

Recipes for Success

Turkey Zucchini Burgers

Jen, Marketing Director

Ingredients

- 2 small zucchinis, grated
- 1lb ground turkey
- 1/4 cup breadcrumbs
- 1 Tbsp garlic, diced
- 1 Tbsp onion, grated
- Salt & pepper to taste



Directions

1. Squeeze all excess moisture from the grated zucchini.
2. In a large bowl, combine zucchini, ground turkey, breadcrumbs, garlic, onion, salt and pepper.
3. Form 6 burger patties about the size of your palm.
4. Cook burgers over open flame or on griddle set to medium heat for 7-9 minutes on each side until burgers are lightly browned and no longer pink inside.