

SPINACH TURKEY PATTIES



SERVING SIZE

4



INGREDIENTS

ITEM

Ground Lean Turkey
Large Egg, Lightly Beaten
Low Sodium Soy Sauce
Garlic Powder

QUANTITY

1 Lb.
1
1 Tbsp.
1 Tsp.

ITEM

Onion Powder
Fresh Baby Spinach Leaves, Finely Chopped
Salt

QUANTITY

1 Tsp.
2 Cups
To Taste



PREPARATION

- ✔ In a large bowl, combine the ground turkey, beaten egg, low sodium soy sauce, garlic powder, onion powder, and chopped spinach.
- ✔ Season with salt to taste and mix until just combined. Avoid overmixing.
- ✔ Form the mixture into equal-sized patties.
- ✔ Heat a non-stick skillet over medium heat. Optionally, coat lightly with cooking spray.
- ✔ Cook the patties for 4-5 minutes on each side, or until golden brown and fully cooked through.
- ✔ Serve and Enjoy!