

# SPINACH FETA TURKEY BURGERS

GLUTEN-FREE

## Ingredients:

- 1 lb ground turkey
- Handful of spinach
- Handful of arugula
- ½ cup feta
- ½ onion, chopped
- 4 cloves of garlic, minced
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp thyme
- Salt & pepper

## Instructions:

1. Preheat oven to 425 degrees F.
2. In a bowl, combine all ingredients.
3. Form the mixture into 4-6 patties.
4. Bake at 425 degrees for 20 minutes.
5. Serve with a side of my Balsamic Glazed Brussels Sprouts & dairy-free Rosemary Garlic Mashed Potatoes or a side salad & rice.
6. Enjoy this flavorful twist on turkey!

Love,

*Colie*