

Spinach Feta Turkey Burgers

Last week, we talked about the benefits of a Phase 1 Reboot. So this week, I made an all new Phase 1 recipe! These burgers are so simple to make and are so much more satisfying than just a plain burger. In just a few short minutes, you can look around the kitchen at the ingredients you have on hand, and create these delicious, gourmet burgers! I served them with Sautéed Mushrooms (*Always Delicious* pg 216) that I already had prepared in the fridge. This is a great way to reinvigorate leftovers. Playing around with simple, flavorful ingredients is also a fun way to add variety to recipes that you know and love.

Easy Gourmet Burgers

- Start with ground beef, bison, lamb, or turkey.
- Then, add your favorite cheese like feta, cheddar, mozzarella, goat cheese, or pepper jack.
- Next, add some vegetables or spices like spinach or other leafy greens or some chiles like jalapeños to the patties.
- If you need them to hold together better, add an egg to the mixture.
- Season with salt, pepper, herbs, spices, or Sugar-Free Worcestershire Sauce (*Always Delicious* pg 284).

Mix all of the ingredients together, form into patties, and pan-fry in oil until brown on both sides and done throughout. Top with your favorite sauces from *Always Hungry?* or *Always Delicious*. Lemon Aioli (AD pg 298) or Smoked Paprika Ketchup (AD pg 291), or even one of the Chimichurris (AD pp 300-301) all go well on burgers. Creating room for innovation in the kitchen will help you feel more in control of what you eat and also help add fun to your food without the guilt of added sugars.

Spinach Feta Turkey Burgers

4 oz frozen spinach
1 lb ground turkey (to serve 4 people)
4 oz Feta cheese
1/4 tsp salt
1/4 tsp pepper
1-2 Tbsp avocado oil or other neutral tasting oil.

First, heat oil in a skillet. Then rinse and drain your packet of frozen spinach. Combine all ingredients in a large bowl and mix until ingredients are evenly distributed. Next, form mixture into patties. Place each patty into the oil and brown on both sides, about 3 to 4 minutes per side. Cover and cook 5 - 7 minutes or until cooked throughout. Serve warm.

Complete Meal

Phase 1: Top burgers with Sautéed Mushrooms (*Always Delicious* pg 216) and 1 tablespoon of Lemon Aioli (AD Pg 298). Serve with a side salad with your choice of greens, red peppers, 1/4 cup white beans, and 2 - 3 teaspoons Mustard Vinaigrette (*Always Hungry?* Pg 264). For dessert, have 1/2 to 1 cup berries.

Carbohydrate: 24% Protein: 21% Fat: 55%

Phase 2: Add 1 1/2 cups of quinoa to the patty mixture. Top burgers with Sautéed Mushrooms (*Always Delicious* pg 216) and 1 - 2 teaspoons of Lemon Aioli (AD pg 298). Serve with a side salad with your choice of greens, red peppers, 1/4 cup white beans, and 1 - 2 teaspoons Mustard Vinaigrette (*Always Hungry?* pg 264). For dessert, have 1/2 to 1 cup blueberries.

Carbohydrate: 32% Protein: 23% Fat: 45%