

## Veggie Stuffed Turkey Burgers

By Chef Jen

### Ingredients:

- 2 medium zucchinis, shredded
- 2 medium carrots, peeled and shredded
- ¼ medium sweet onion, shredded
- 1 roasted red bell pepper, chopped
- 1 garlic clove, minced
- 2 tbsp tomato paste
- 1 tbsp low sodium Worcestershire sauce
- 1 tbsp fresh chopped parsley
- 1 lb ground turkey (80% lean desired)
- 6 hamburger buns
- 6 sliced provolone cheese (optional)
- Optional hamburger trimmings: sliced raw onions, tomato, pickles and lettuce

### Preparation:

1. Using a food processor or box grater, shred zucchini. Place zucchini in a clean, dry kitchen towel, or use heavy duty paper towels. Ring and squeeze out excess moisture. Shred peeled carrots and onion. Mix carrots, onion, roasted red bell pepper, garlic clove, parsley, tomato paste and Worcestershire sauce in a large bowl with the zucchini. Then mix in turkey meat.
2. Shape into 6, 1/3 lb patties. Refrigerate ~1 hour.
3. Pre heat grill on medium high heat. Carefully grease grill and then add patties. Cook until meat thermometer inserted into the thickest part registers 165°F. If desired, top with provolone cheese on grilled buns with fixin's.

### Alternate cooking methods:

Sauté pan or Griddle: ~5 minutes each side or Cook until meat thermometer inserted into the thickest part registers 165°F.

OR oven: set to 400°F, space out burgers on a greased, foil lined baking sheet. Cook ~10-20 minutes (depending on the thickness of our patties). Cook until meat thermometer inserted into the thickest part registers 165°F.