

Apple Turkey Burgers with Caramelized Onions

11 ingredients · 45 minutes · 4 servings



Directions

1. Heat coconut oil in a frying pan over medium heat. Add yellow onion and saute for 30 minutes or until fried and crispy, stirring occasionally. When onion bits get stuck to the bottom, add 1 to 2 tbsp of water at a time to deglaze the pan. Set aside.
2. Take half your apple servings and shred into a bowl. Squeeze and remove excess juice (drink it or add it to a smoothie later!).
3. In a mixing bowl, combine the turkey, shredded apple, dijon, sage, thyme, salt and pepper. Form into patties.
4. Preheat grill over medium heat. Transfer burgers onto the grill and cook for about 7 to 8 minutes per side or until burger is cooked through and juices run clear. Remove from grill.
5. Cut the remaining apple into slices. Plate burger over a bed of lettuce and top with brie, apple slices and caramelized onion.

Notes

BBQ Lover

Grill your apple slices too.

No Grill

Cook burgers in the oven at 350 for 15 minutes per side.

More Carbs

Serve on a bed of brown rice or in a brown rice tortilla wrap.

Leftovers

Can be frozen up to 6 months in an airtight container.

No Goats Milk Brie

You can find goats milk brie at most health food stores, and even the superstore often carries it in the deli. If you cant find it no worries you can use any cheese of your choice. Vegan brie is also a delicious option too!

Ingredients

- 1 **tbsp** Coconut Oil
- 2 Yellow Onion (peeled and finely sliced)
- 2 Apple (green, divided)
- 1 **lb** Extra Lean Ground Turkey
- 2 **tsps** Dijon Mustard
- 1/2 **tsp** Ground Sage
- 1/2 **tsp** Dried Thyme
- 1 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper
- 4 **ozs** Goats Milk Brie Cheese
- 1 **head** Green Lettuce (separated into leaves and washed)