

Carrot & Beet Turkey Bites

7 ingredients · 25 minutes · 4 servings



Directions

1. In a large mixing bowl, use your hands or a spatula to combine all the ingredients except avocado oil.
2. Divide the mixture and form patties about 4-inches wide. The patties will shrink after cooking.
3. Heat avocado oil in a large skillet over medium heat (or grill on the barbecue instead). Cook the patties for about 4 to 5 minutes each side, or until cooked through. Cut into one of the burgers to confirm doneness, as it may be hard to tell because of the beet juices.
4. Transfer to a plate lined with paper towel and serve immediately. Enjoy!

Notes

Serve Them With

Salad, quinoa or sweet potato fries.

No Avocado Oil

Use olive oil, coconut oil or ghee instead.

Serving Size

One serving is equal to about 4 small patties.

Leftovers

Keeps well in the fridge up to 3 days. Freeze in an airtight container up to 6 months.

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 Carrot (medium, peeled and grated)
- 1 Beet (medium, peeled and grated)
- 1/2 tsp Sea Salt
- 1/2 tsp Dried Thyme
- 1 tbsp Dijon Mustard
- 2 tbsps Avocado Oil