

Quinoa Spinach Turkey Burgers with Goat Cheese

The addition of quinoa gives these burgers a boost of fiber and keeps them tender. They're very freezer-friendly so feel free to double the batch for future reheat-and-eat meals.

🕒 Prep: 10 mins Cook: 15 mins Total: 25 mins

👤 Servings: 4 servings

1x	2x	3x
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INGREDIENTS

- 1 lb. ground turkey
- 1 cup cooked quinoa*
- 1 tsp. garlic powder
- ¼ cup finely diced onion
- 1 tsp. Italian or Greek seasoning
- ½ tsp. salt
- ⅛ tsp. black pepper
- 2 cups fresh spinach, chopped
- 2 oz. crumbled goat cheese
- 1 Tbsp. coconut oil or avocado oil, divided

*1/3 cup uncooked quinoa yields 1 cup cooked

INSTRUCTIONS

1. In a large bowl, combine all ingredients except goat cheese. Mix well using a large spoon or your hands.
2. Gently fold in crumbled goat cheese until evenly distributed, but still intact for the most part. Shape mixture into 8 patties.
3. Place a large skillet over medium-high heat and add 1½ tsp. oil. Heat until oil begins to shimmer.
4. Place half of the patties in the pan being careful not to overcrowd them. Cook 4-5 minutes or until lightly browned and easy to flip, then another 3-4 minutes on the other side until cooked through and no longer pink inside. Repeat with remaining 1½ tsp. oil and turkey patties.

NOTES

To freeze burgers: Cook burgers as directed and cool completely. Place in a single layer on a parchment-lined baking sheet and freeze until solid. Transfer to a freezer-safe container for storage. Allow burgers to thaw overnight in the fridge. Reheat in the toaster oven or in a covered skillet over medium-high heat.

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NUTRITION INFORMATION

Serving Size: 2 burgers **Calories:** 397 **Fat:** 17g **Sodium:** 375mg **Carbohydrate:** 31g
(**Fiber:** 2g **Sugar:** 1g) **Protein:** 30g

DIETARY

Egg-Free **Gluten-free** **High Protein** **Nut-free**

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