

Keto-Friendly Turkey Burgers with Crema



SIZE

For 4

PREPARATION

40 min

DIFFICULTY

Level 1

Level 2



These keto turkey burgers are super flavorful and moist due to the sauce inside the patty as well as on top! Do not place the patties on a plate before searing, place the first patty into the hot pan and move to forming your second patty and place into the pan until you have added all 4. The mixture may seem a bit wetter than most, but as you'll learn, that's what makes them so delicious!

Ingredients

- 1** lb ground turkey
- 3/4** cup cooked quinoa
- 1** cup finely chopped arugula
- 1/4** cup grated parmesan cheese
- kosher salt & pepper to taste
- 1** jar not just pasta sauce
- 1** T olive oil
- 1** cup greek yogurt, sour cream, or mayo
- Lettuce wraps, to serve

Process

1

In a large bowl, add the turkey, cooked quinoa, arugula, parmesan, 1 teaspoon salt, ¼ teaspoon black pepper, and half of the 16 oz jar not just pasta sauce. Mix with your hands to thoroughly combine and place in the fridge for 30 minutes to firm slightly.

2

Add the oil to a 12 inch nonstick skillet and heat over medium-high until shimmering. While the oil is heating, one by one, form your patties, and place them directly into the pan. Reduce the heat to medium and cook until well browned, about 4 minutes. Flip and continue to cook until the meat registers 165 degrees, about another 4 minutes.

3

Meanwhile, place the yogurt in a medium bowl and add the remaining not just pasta sauce and stir to combine. Serve the burgers in lettuce wraps and dollop with the not just co crema!