

Spinach Turkey Burgers

With Artichoke Salsa & Sweet Potato Wedges

INGREDIENTS:

For the Salsa:

- 1 (6 oz) jar marinated artichoke hearts
- ½ cup grape tomatoes, halved
- ¼ cup pitted Kalamata olives, sliced
- ¼ cup scallions, chopped
- 1 clove garlic, minced
- 2 T fresh basil, finely chopped
- 1 T capers
- Sea salt and black pepper, to taste

For the fries:

- 4 medium sweet potatoes, cut into wedges
- 1 T avocado oil
- Sea salt and black pepper to taste

For the Burgers:

- 1 ½ lb ground turkey
- 1 ½ cups fresh spinach, finely chopped
- 1 T fresh dill, finely chopped or 1 tsp dried dill
- 1 egg
- 2 cloves garlic, minced
- 1 tsp. Sea salt
- ½ tsp. Black pepper

PROCESS:

- Preheat the oven to 425 F. Line baking sheet with parchment paper.
- Make the Salsa: Drain the artichokes, reserving 2 T of the liquid. Chop the artichokes and place them, along with the reserved liquid, in a medium bowl. Add the tomatoes, olives, scallions, garlic, basil, capers, and a pinch of salt and pepper. Stir to combine. Set aside.
- Make the fries: In a large bowl, toss the sweet potatoes with the avocado oil and generous pinch of salt and pepper. Arrange the wedges in even layers on the baking sheet. Bake for 15-20 minutes. Flip the wedges and continue baking for 15-20 minutes or until they are tender and brown in spots.

- While the fries bake, make the burgers: In a large bowl, combine the turkey, spinach, dill, egg, garlic, salt, and pepper. Mix gently with your hands to incorporate all of the ingredients. Form the mixture into 6 patties of equal size. Heat a grill or grill pan to medium-high heat. Grill the burgers 4-6 minutes per side or until cooked throughout(165 degrees F on a meat thermometer).
- Serve the burgers topped with the salsa, with fries on the side.

ENJOY!

From: Paleo Magazine April/May 2018

