

Recipe

Food Rx



Turkey Burger – Potato Planks – Steamed Squash

Serving: 1

4 ounces lean ground turkey patty

Pinch of salt & pepper

Pinch of garlic powder

Whole wheat bun

Lettuce leaf-tomato slice-red onion slice

1 medium russet potato

1 tablespoon olive oil

1/2 clove garlic minced

1/2 teaspoon paprika

Pinch of salt & pepper

1 zucchini or yellow squash

Season the turkey patty with the spices and place in a sauté pan on the stove top, cook over medium heat flipping the patty over after a few minutes-should cook for 3 to 7 minutes until a probe thermometer reads 165 degrees

Toast bun if desired, layer the patty onto the bottom bun with the lettuce, tomato and red onion.

Potato Planks – preheat oven to 375. Place a tray in the oven to preheat (hot tray helps keep the potato from sticking). Wash and scrub the potato to remove dirt and tough skin. Using a sharp knife slice through longways into 1/4 inch planks. Place in a bowl of water to remove excess starch for a few minutes, drain and pat dry. In a bowl combine olive oil, garlic, and salt and pepper and toss in the potato and coat evenly. Remove the hot tray from the oven and lay out planks in a single layer. Lightly sprinkle on the paprika and place the tray back into the oven, roast until golden crispy for 20 to 25 minutes, flipping them over halfway through. Remove from pan with a spatula and serve.

Steamed Squash – Slice squash into 1/2 inch rounds. Place a saucepan with 1/4 inch of water in the bottom on the stove over medium heat. What it begins to simmer, drop in the squash and cover the pan with the lid. Steam for 4 minutes, then remove with a slotted spoon and serve.

*If you are counting carbohydrates, the potato would count as 2 carbs and the bun would count as 2 carbs. You may consider omitting the bun and wrapping the turkey and vegetables in a lettuce wrap to eliminate 2 carbs, or you may use half a cup of potato as 1 carb – Chef Brandon 😊