

Low-Point Turkey Zucchini Burgers

Ingredients:

- 1.25 lbs lean ground turkey
- 1 small to medium zucchini, grated
- 1/4 cup seasoned breadcrumbs
- 1 clove garlic, chopped fine
- 1/2 tsp. onion powder
- 1/2 tsp. Goya Adobo seasoning
- 1/4 tsp. pepper
- Pam cooking spray

In a large bowl, combine all the ingredients (down to pepper). Make 5 equal patties. Heat a large skillet on high. When hot, lightly spray with Pam cooking spray. Add burgers to the pan and reduce heat to medium-low. Cook on one side until browned, then flip. Flip over a few times to prevent burning and to make sure the burgers are cooked all the way through. Enjoy!

Total servings - 5

Serving size - 1

Points per serving - 3

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)