

# Homemade Turkey Burgers with Butternut Squash and Green Beans



## Ingredients:

- 1-2 lbs free range ground turkey
- 1-2 cloves fresh minced garlic
- 1 tsp dried rosemary (or 1 tbsp fresh rosemary)
- 1 tsp dried thyme (or 1 tbsp fresh)

## Toppings:

- Sliced avocado, baby spinach, sliced red onion & grainy mustard

## Butternut Squash:

- 1 Butternut squash, halved & seeded
- 100% pure maple syrup (enough to drizzle over the squash)
- Fresh green beans

## Directions:

### Turkey Burgers:

Combine 1-2 pounds of organic ground turkey in a large bowl with 1-2 cloves minced garlic, 1 tsp dried rosemary and 1 tsp dried thyme. Mix well and shape into  $\frac{1}{4}$  pound patties. Place on a stone pan and bake in the oven for approx. 30 minutes (or to an internal temperature of between 165-180). Top with sliced avocado, thinly sliced red onion, baby spinach, alfalfa sprouts &/or grainy mustard.

### Squash:

Halve the squash, scoop out the centre & place hollow side up in baking pan. Use just enough water to coat the bottom of the pan. Drizzle pure maple syrup over each half of the squash. Bake for approximately 30-45 minutes at 350F

### Green Beans:

Wash & cut the ends off the beans. Steam the beans for 5-8 minutes (until al dente or slightly tender).

*Once prepared, serve all three together and enjoy!*