

# Grilled Turkey Burger with Roasted Veggies

Prep Time: 15 minutes | Cook Time: 20 minutes | Servings: 2

#### **Ingredients:**

- ½ lb ground turkey
- ½ onion (finely chopped)
- 1 tsp garlic powder
- 1 tsp paprika
- 1 cup bell peppers (sliced)
- 1 zucchini (sliced)
- 1 tbsp olive oil
- Salt & pepper to taste

#### **Steps:**

- 1. Mix turkey, onion, garlic, paprika, salt, and pepper. Shape into patties.
- 2. Grill turkey patties until fully cooked (165°F internal temp).
- 3. Toss veggies in olive oil, roast at 400°F for 15–20 mins.
- 4. Serve burger (without bun) with roasted veggies.

### **Nutrition (approx):**

Calories: 380Protein: 33gCarbs: 12gFat: 22gFiber: 4g

## Tips:

- Serve with lettuce wraps for a low-carb option.
- Add a slice of avocado for creaminess.