

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: 380
- Protein: 33g
- Carbs: 12g
- Fat: 22g
- Fiber: 4g

Tips:

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