

Turkey Sausage with Cucumber Tomato Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 16 oz [448 g] Ground Turkey
- 0.5 tsp [1.4 g] Garlic Powder
- 1 tsp, ground [0.6 g] Oregano
- 0.25 tsp [0.55 g] Turmeric (Ground)
- 0.25 tsp [1.5 g] Salt
- 0.25 tsp [0.53 g] Black Pepper
- 1 tbsp [14 g] Avocado Oil
- 10 tomato [170 g] Cherry Tomatoes (*Halved or quartered*)
- 1 small (6-3/8" long) [158 g] Cucumber (*Diced*)
- 1 tbsp [14 g] Olive Oil
- 1 tbsp [14 g] Lemon Juice
- 0.5 tsp [2 g] Za'atar Seasoning
- 0.5 avocado [68 g] Avocado (*Sliced*)

DIRECTIONS

1. In a large bowl, mix together the ground turkey, garlic powder, oregano, turmeric, salt, and pepper. Using your hands, form the mixture into 12 small patties.
2. Heat avocado oil in a large skillet over medium heat. Add the turkey patties and cook for 3-4 minutes per side, or until fully cooked.
3. Meanwhile, in a separate bowl, mix together the cherry tomatoes, cucumber, olive oil, lemon juice, and za'atar seasoning.
4. Serve the turkey patties with the tomato-cucumber mixture and sliced avocado.

NUTRITION INFO

Calories : 538.63

Fat : 35.88 g

Carbs : 10.11 g

Protein : 46.38 g

Fiber : 4.73 g