

# *Eat Your Heart Out Edibles* ♥

Personal Chef Service and Made-to-Order Bakery

*"Eat Hearty Without the Headache!"*

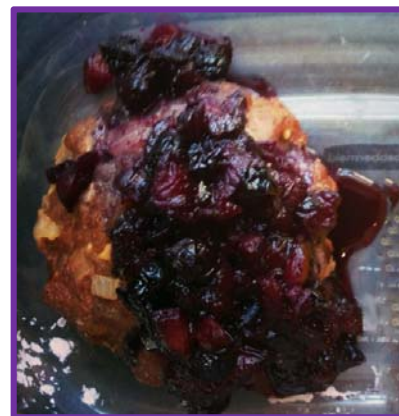


## *Chef Angela's Parmesan/Avocado Turkey Burgers With Blueberry Mayo*

*Yield: 4 burgers*

### **INGREDIENTS:**

- 1 lb. ground turkey
- 1 ripe avocado
- 1/2 cup grated parmesan cheese
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/8 tsp. cayenne
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. cumin
- 1/4 cup plain bread crumbs (optional, add only if you feel like your mixture needs a little binder)



### **DIRECTIONS:**

- ♥ Roughly mash avocado, mix together with turkey and all other ingredients.
- ♥ Form into 4 patties.
- ♥ Bake @ 375 for about 12-15 minutes or until thermometer reads 160.
- ♥ Top with blueberry mayo and your toppings of choice....arugula is always a nice touch!

### **Blueberry Mayo:**

- 1 cup mayo of choice (light mayo, dairy-free, paleo -whatever your go-to is!)
- 1/2 cup blueberries
- 1 tsp. sugar
- 1 tsp. lemon zest

- ♥ Combine all ingredients in food processor, give it a whirl until blended, keeps up to 7 days in the fridge!

Compliments of Eat Your Heart Out Edibles

[eatyourheartoutedibles.com](http://eatyourheartoutedibles.com)