



Turkey And Spinach Patties

For a delicious meal that's good all year round, we've cooked up some keto-friendly Turkey Spinach Patties with a savory Garlic Aioli drizzle. This dish is perfect if you're going low carb, and even better for our muscle-building friends!

Turkey Spinach Patties:

- 1 lb ground turkey
- 2 cups chopped fresh baby spinach
- 4 oz crumbled feta
- 1 egg beaten
- 2 cloves garlic minced
- 1 tsp sea salt

Garlic Aioli:

- 1 Tbsp garlic minced
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 Tbsp vegan mayo
- ¼ tsp sea salt
- ½ tsp freshly ground black pepper

Directions:

- Add all ingredients to a mixing bowl and combine well
- Form into 8 equal sized patties
- Spray pan with nonstick spray and set stovetop to medium, or medium-low temp
- Let the patties cook about 6 minutes on each side, or until you see the edges of the patty go from pink to a light brown color
- Remove from pan once cooked through. For the aioli, mix all ingredients in a bowl and drizzle on top to serve

“Every day do something that will inch you closer to a better tomorrow.”

