



LOCAL FOOD OLYMPICS

Spicy Turkey & Zucchini Sliders

Contributed by Inova's Office of Sustainability

Ingredients

Burger

- 1 pound ground turkey meat
- 2 cups lightly packed, coarsely grated zucchini (from 2-3 small zucchini)
- 3 green onions, thinly sliced, onion greens included
- 2 tablespoons chopped fresh mint
- 2 tablespoons chopped fresh cilantro
- 1 garlic clove, crushed and minced
- 1 teaspoon cumin
- 1 teaspoon Kosher salt
- ½ teaspoon fresh ground black pepper
- ½ teaspoon cayenne pepper
- 3 tablespoons vegetable oil (for cooking)

Spicy Sour Cream Sauce

- ¼ cup sour cream
- 1/3 cup plain Greek yogurt
- 1 tablespoon lemon juice
- 2 teaspoons olive oil
- ½ teaspoon minced garlic
- ¼ teaspoon salt
- Pinch of fresh ground black pepper

Instructions

Make the sour cream sauce by placing all the sauce ingredients in a bowl and stirring until combined. Chill until ready to use.

In a large bowl, place grated zucchini, sliced green onions, chopped mint, cilantro, garlic, cumin, salt, pepper and cayenne. Stir to combine. With your hands, mix in the ground turkey until the zucchini mixture is well distributed through the ground turkey.

Use your hands to form small patties, placing them on a baking sheet. (Note: patties will be rather wet, so they may be a little tricky to handle.)

Heat vegetable oil in large frying pan on medium-high heat. Once the oil is hot, lower heat to medium. Working in batches, place patties in the pan. Let cook until browned and cooked all the way through, 5-6 minutes per side for full-size patties and less for sliders.

Once the first batch of patties is done, remove to a paper towel-lined plate while you cook the second batch.

Serve on slider buns with sour cream sauce.