

Crispy Spinach and Feta Turkey Burgers

THM-Friendly: FP

Makes 4 burgers: more than 1 is an S

- 1 lb. ground extra lean turkey or chicken (I use 99% fat-free turkey)
- 1 cup fresh spinach, finely chopped
- 1/4 cup reduced-fat or fat-free feta
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1 whole egg

- 3/4 cup ground pork rinds
- 1/4 cup parmesan cheese (green can is fine)
- additional 1/4 tsp. garlic and onion powders
- a pinch of mineral salt

Mix **turkey/chicken together with spinach, feta, onion powder, garlic powder, and egg**. This will be a pretty loose mixture. In a different bowl, combine pork rinds, parmesan cheese, salt, and additional garlic and onion powder.

Spread the pork rind mixture out on a plate. Take 1/4 of the meat mix and shape it as close to a patty as you can (might be very loose and difficult to form). Drop in the pork rind mixture and coat, while shaping into a burger.

Grill in an air fryer at 390° for about 12-14 minutes or until an internal temperature of 165° is reached.

enJOY!

