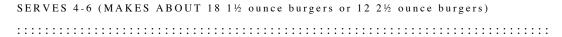
## MEDITERRANEAN TURKEY AND ZUCCHINI BURGERS



1 pound ground turkey (I like dark meat)

1 large zucchini, coarsely grated (scant 2 cups)

3 green onions, white and green parts, thinly sliced

1 large egg

2 Tablespoons chopped mint

2 Tablespoons chopped cilantro

2 cloves garlic, grated or minced

1 teaspoon ground cumin

1 teaspoon sea salt

½ teaspoon freshly ground black pepper

1/4 teaspoon cayenne pepper (perfect for us, but the original recipe called for

½ teaspoon; you can use even less if you don't want them spicy)

unrefined olive oil, coconut oil or ghee for searing

## For the Sour Cream & Sumac Sauce:

Scant 1/3 cup / 75 grams full-fat Greek yogurt

Scant ¼ cup sour cream / 50 grams (or use all Greek yogurt)

½ teaspoon grated lemon zest

1/2 Tablespoon freshly squeezed lemon juice

½ small clove garlic, grated or minced

2 ¼ teaspoons unrefined, cold pressed, extra virgin olive oil

1 ½ teaspoons sumac

¼ teaspoon sea salt

a few grinds of freshly ground black pepper

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- 1. Make the sour cream and sumac sauce by placing all the ingredients in a small bowl. Stir well and set aside or chill until needed.
- 2. In a large bowl, combine all the ingredients for the patties except the olive oil. Mix gently with your hands and then shape into about 18 burgers, each weighing about 1 ½ ounces or 12 burgers, each weighing about 2 ½ ounces.
- 3. Pour enough oil into a large frying pan to form a layer about 1/16 inch thick on the pan bottom. Heat over medium heat until hot, then sear the patties in batches on both sides. Cook each batch for about 5-7 minutes on each side, adding oil as needed, until golden brown and cooked through.
- 4. Serve warm or at room temperature, with the sauce spooned over or on the side.