



Spin Your Own Axis

Spinach & Kale Patty Burgers

Our nutrition doesn't have to be boring. Tired of the same ol' recipes? This burger recipe has everything you need to fuel your body with a rich and well rounded balance of nutrients. A perfect way to build a plate that offers a variety of optimal ingredients. Why wait for a "cheat meal" to have a burger when you can indulge in one any day simply by being conscious of the ingredients and choosing ingredients that will help optimize your daily life. That's all.



- **Prep Time:** 15minutes
- **Cook Time:** 40 minutes (bake patties and you don't have to stand by the stove, your choice)
- **Total Time:** 60 minutes
- **Serving:** 5

Ingredients

- 5oz. ground turkey (Total of 25 oz. for 5 servings)
- 2 tablespoons olive oil
- 2 teaspoons Garlic powder
- 2 teaspoons lemon onion powder
- 1/4 teaspoon pepper
- 2 limes
- 1/2 red onion
- 2 tomatoes
- 1/2 bunch cilantro
- 80g baby spinach
- 60g kale
- 3 oz Brussel sprouts
- 50g avocado
- Classic hamburger Buns

Instructions

1. Marinate ground turkey with garlic, lemon onion powder, black pepper powder and 1-2 limes.
2. Chop spinach, kale, onion, tomato, cilantro and mix in a bowl with ground turkey, then take 5oz of ground turkey to create patty.
3. Preheat oven at 375 degree for turkey patties, use coconut oil spray for pan sheet. Cook for 40 minutes, cover pan with foil.
4. Cut Brussel sprouts in half, and season with salt, black pepper and garlic powder, and then bake for 25 minutes with olive oil, tint of salt and black pepper while patties are also baking.
5. Prepare bowl for guacamole, you will have chopped enough onion, tomato and cilantro to add to bowl and mix with avocado to create your delicious guacamole. Add a pinch of salt, black pepper and lime. (your preference on the amount of salt and lime)
6. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat using #spinyourownaxis #kitchenitwithscar hashtags!

Nutrition Facts

- **Serving Size:** 1/5
- **Calories:** 337
- **Carbohydrates:** 41g
- **Sodium:** 415mg
- **Fat:** 16g
- **Sugar:** 4g
- **Protein:** 22g
- **Iron:** 10%
- **Fiber:** 4g