

Turkey-Zucchini Burgers

★ 5.0 • Serves 4 • Turkey

INGREDIENTS

- Neutral oil (such as grapeseed), for greasing
- 1 pound ground turkey
- ½ cup coarsely grated unpeeled zucchini (from 1 small zucchini)
- 1 tablespoon mayonnaise
- Kosher salt (such as Diamond Crystal) and black pepper
- Kosher salt (such as Diamond Crystal) and black pepper
- Hamburger buns, toasted
- Toppings and condiments, as desired
- Toppings and condiments, as desired

STEPS

1. Lightly grease a plate with neutral oil and set aside. In a medium bowl, mix together the turkey, zucchini and mayonnaise. Form 4 patties, each about 4 ½ inches wide (about 5 ounces). Press a small dimple in the center of each patty, then place the burgers on the plate and refrigerate to firm up for at least 5 minutes (or keep them covered for up to 2 days).
2. Heat a large (12-inch) cast-iron or nonstick skillet over medium-high. Add about 1 tablespoon oil to the skillet to lightly coat. Generously season the tops of the patties with salt and pepper. Add the patties, seasoned-side down, to the skillet and cook until seared and dark brown, 3 to 5 minutes. (Don't press down; that'll release juices.) Season the tops generously with salt and pepper, then flip and cook until cooked through, 3 to 5 minutes, turning the heat down as necessary to avoid scorching.
3. Transfer to a clean plate and let rest for at least 5 minutes before building into a burger on the buns with desired toppings and condiments.