

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
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- Hamburger buns, toasted
- Toppings and condiments, as desired
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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.

Turkey Ranch BLT

★ 2.4 • 10 min • Serves 2 • Pork

INGREDIENTS

- 2 pita pockets
- 4 slices cooked bacon
- 1/2 cup spring mix greens
- 2 tomatoes, sliced
- 4 slices roast turkey
- 2 tbsp ranch dressing

STEPS

1. See the source link above for full instructions.

Source: <https://www.foodista.com/recipe/CQSHG6NN/turkey-ranch-blt>

Pan Seared Salmon

★ 4.5 • 25 min • Serves 2 • Fish

INGREDIENTS

- 1/4 teaspoon black pepper
- 1 tbsp fresh chopped dill
- 1 garlic clove sliced
- 1 tbsp lemon juice; lemon wedges
- 1/4 cup olive oil
- 2 salmon fillets (6 oz each)
- 1/8 teaspoon salt

STEPS

1. See the source link above for full instructions.

Source: <https://www.foodista.com/recipe/ZCMGYFYW/pan-seared-salmon>

Pasta With Feta and Green Olives

★ 4.0 • Serves 4

INGREDIENTS

- Kosher salt
- 1 pound dried cavatappi, fusilli or other short, curly noodle
- ½ cup olive oil
- 12 ounces green olives, such as Castelvetrano or Cerignola, smashed and pitted
- 1 garlic clove, grated or minced
- 1 lemon, zested and juiced (about 1 tablespoon zest and 3 tablespoons juice)
- ½ teaspoon red-pepper flakes, plus more as desired
- ½ to ¾ cup loosely crumbled or cubed feta, depending on preference
- Black pepper

STEPS

1. Bring a large pot of salted water to a boil. Add the pasta and cook at a gentle boil until al dente, about 2 minutes less than the package instructions.
2. Meanwhile, in a saucepan or skillet, heat the oil over medium-high until shimmering. Add the olives, cooking until they start to blister in spots, 2 to 3 minutes. Remove from the heat, then add in the garlic, lemon zest and red-pepper flakes, stirring constantly for about 30 seconds, then let sit uncovered until the pasta is finished.
3. Reserve 1 cup pasta water, drain the pasta, then return it to the pot over medium-low heat. Pour in the olive mixture, the lemon juice and ¾ cup pasta water, and stir well for 1 to 2 minutes until the noodles are coated in a smooth, glossy sauce, adding more water if needed. Turn off the heat, stir in the feta and let it soften and melt slightly. Finish with a grind or two of black pepper and a sprinkle of red-pepper flakes, if desired. Season to taste with salt, and serve immediately.

Source: <https://cooking.nytimes.com/recipes/1022965-pasta-with-feta-and-green-olives>