

## Turkey and Feta Burgers



**Ingredients:** 1 lb of organic ground turkey  
8 oz. goat feta cheese  
1/4 cup finely chopped organic green onion  
1/4 cup finely chopped organic parsley  
1 clove minced organic garlic  
1 organic egg  
1 tbs. organic coconut oil

**Directions:** Thoroughly mix all ingredients except coconut oil. Form into 8 patties, heat coconut oil in a skillet and cook the patties on medium heat for 6-7 minutes on a side. Serve with gluten free buns and lightly steamed organic vegetables, or organic brown rice and vegetables.

This is a delicious substitute to the traditional burger. Turkey is a healthy and inexpensive source of protein, providing the body with amino acids to build and repair all the body's tissues. Feta cheese is an excellent source of calcium which your muscles and soft tissues use to stay strong and flexible. Because it's made from goat milk, it's a good alternative for those who have a sensitivity to cow's milk.