



Recipes

Meat and Poultry

Turkey Sliders

Prep Time: 15 minutes

Yield: 4-6 servings

Ingredients:

- 1 pound ground turkey breast
- 3 teaspoons ginger root, finely grated
- 2 garlic cloves, chopped
- 2 egg whites
- 1 large carrot, finely grated
- 2 tablespoons gluten free tamari sauce
- 2 teaspoons olive oil
- 1 tablespoon fresh cilantro, minced
- 3 green peppers, minced
- Sea salt and pepper to taste

Directions:

1. Combine all ingredients in a medium bowl. Form into patties about 2 inches in diameter.
2. Place on lightly oiled pan for about 7 minutes per side or until cooked through.
3. Serve on a bed of greens.