

Teriyaki Turkey Burgers with Fries

THM-Friendly: E

Burgers:

- 6 oz 99% ground turkey breast
- Creole seasoning to taste
- low carb buns (IMPORTANT NOTE: Make these with THM Baking Blend instead of almond flour to keep them in FP territory)

Pineapple Salsa:

- 1 cup pineapple, fresh
- 8-10 slices jarred jalapeños,
- 1/3 cup cilantro, fresh chopped
- 1/4 tsp. garlic clove, minced
- 1/4 tsp. mineral salt
- 1 Tbsp. lemon juice

Teriyaki Sauce:

- 1/3 cup Bragg's Amino Acids
- 3 Tbsp. water
- 3 Tbsp. THM Super Sweet
- 1/2 tsp. blackstrap molasses
- 1 tsp. ginger, fresh grated
- 1 Tbsp. garlic clove minced
- a small sprinkle of glucomannan

Butternut Squash Fries:

- 1-2 cups of butternut squash peeled and cut into fries
- cooking spray
- Creole seasoning

Mix ground turkey with Creole seasoning to taste, and grill until 165° internal temperature is reached. In a chopper, add all pineapple salsa ingredients; zing it up quickly into a perfect salsa consistency.

For the teriyaki sauce, add all ingredients to a small pan and simmer until slightly reduced. Spread sauce on top of the cooked burger and top with pineapple salsa.

For the fries, coat with cooking spray and then coat with Creole seasoning. Air fry for approximately 10 minutes at 390° until tender on the inside and crisp on the outside.

enJOY!

