



# Squash Burgers



**FEEDS**

5

**COOK TIME**

30 minutes

## INGREDIENTS

1.5 lb Ground Turkey  
3 Large Squash (Of Your Choice!)  
1 Yellow Onion  
2 Cloves Garlic  
1/4 Cup Tamari  
3 Tbs Ginger

## INSTRUCTIONS

Depending on variety, cut squash and cook in oven until soft.

Mince and sautee onion and garlic in an oiled pan.

Separately, peel and mince fresh ginger. Scoop out squash from skin, mix and shape with onions, garlic, ginger, and ground turkey into patties.

Cook patties on same pan, adding Tamari as needed for flavor and moisture.

Once patties are browned, add burger fixings and enjoy!

**ENJOY!**