 **Avocado Turkey Burger**

*Serves 4*

**Ingredients**

8oz ground turkey

½ avocado

¼ cup panko breadcrumbs

1 garlic clove, minced

¼ cup onion, chopped

Salt and pepper

¼ cup red pepper (optional)

**Directions**

1. Mix all ingredients together. Divide into two patties.
2. Cook on heated skillet or grill.

**Nutrition**

*300 cals, 8g carb, 26g protein, 17g fat*