

# LEAN TURKEY CHEESEBURGER

with Sweet Potato Fries

## NUTRITION

Per Serving

|                      |     |
|----------------------|-----|
| Calories:            | 748 |
| Total Fat:           | 39g |
| Total Carbohydrates: | 39g |
| Protein:             | 58g |

**4** SERVINGS



This **Lean Turkey Cheeseburger** with Sweet Potato Fries gives you all the comfort of a classic meal without the blood sugar spike. Made with lean ground turkey and wrapped in crisp lettuce, this burger keeps things high in protein and low in carbs. The homemade secret sauce uses Greek yogurt and avocado mayo for a creamy, diabetes friendly upgrade. Air-fried sweet potato fries offer fibre and slow-digesting carbs, helping to maintain steady energy levels. It's a balanced, satisfying meal that feels indulgent but supports healthy blood sugar control.

## INGREDIENTS

### Burgers

|         |  |
|---------|--|
| 2 tbsp  | lean ground turkey (93% lean)  |
| 2 tbsp  | lemon juice  |
| 1 tbsp  | Worcestershire sauce   |
| 1 tsp   | salt   |
| 1 tbsp  | fresh ground black pepper  |
| 1 ½ tsp | leaves of iceberg lettuce (washed & dried)                             |
| ½ tsp   | large yellow onion (sliced 1/2 inch thick which should yield 4 slices) |
| ¼ tsp   | slices of low-moisture, part skim mozzarella cheese                    |
| ¼ tsp   | slices of tomatoes   |
| ¼ tsp   | sandwich-cut slices of kosher dill pickles                             |
| ¼ tsp   | Olive oil cooking spray  |

### Secret Sauce

|         |                                     |
|---------|-------------------------------------|
| 2 tbsp  | avocado mayonnaise                  |
| 2 tbsp  | nonfat Greek yogurt                 |
| 1 tbsp  | sugar-free ketchup                  |
| 1 tsp   | yellow mustard                      |
| 1 tbsp  | kosher dill pickle (finely chopped) |
| 1 ½ tsp | yellow onion (finely chopped)       |
| ½ tsp   | kosher dill pickle juice            |
| ¼ tsp   | salt                                |
| ¼ tsp   | fresh ground black pepper           |
| ¼ tsp   | paprika                             |
| ¼ tsp   | garlic powder                       |

### Air Fried Sweet Potato Fries

|       |                           |
|-------|---------------------------|
| 4     | medium sweet potatoes     |
| 4 tsp | olive oil                 |
| 1 tsp | salt                      |
| ½ tsp | garlic powder             |
| ½ tsp | paprika                   |
| ¼ tsp | fresh ground black pepper |

# INSTRUCTIONS

- 1 In a small bowl, combine the mayonnaise, yogurt, sugar-free ketchup and mustard.
- 2 Add in the finely chopped pickles, pickle juice and finely chopped onion.
- 3 Add in the salt, pepper, paprika and garlic powder. Whisk to combine. If you prefer a thinner sauce, add a splash more of pickle juice. Set finished sauce aside in refrigerator until ready to use.
- 4 Next, preheat air fryer to **380 F**. Peel sweet potatoes and then slice each potato into even ¼ inch thick sticks. Place the sweet potatoes in a large mixing bowl and toss with the olive oil, salt, garlic powder, paprika and pepper.
- 5 Cook potatoes in two or three batches, depending on the size of your air fryer basket. Be sure to not overcrowd the pan. Bake for approximately 12 minutes, or until potatoes are crispy, flipping potatoes halfway. Please note, times may vary based on your air fryer.
- 6 Next, in a large bowl, add the ground turkey, lemon juice, Worcestershire sauce, salt and pepper. Mix well until combined.
- 7 Divide mixture into four equal sized patties that are about ½ to ¾ inch thick.
- 8 Heat oven to **400 F**.
- 9 Place a 12 inch cast iron skillet, or any other nonstick skillet, over medium heat.
- 10 Spray skillet with olive oil cooking spray and add the four slices of onion. Season with salt and pepper.
- 11 Sauté the onions, flipping once, until they are soft and caramelized on each side. When they are done, remove and place on a plate until ready to serve.
- 12 Turn the heat to medium-high and gently place the burgers into the skillet. Cook the burgers for 5 minutes, or until brown on one side. Gently flip burgers with a spatula and continue to cook for an additional 2-3 minutes. Remove skillet from stove and place in preheated oven. Continue to cook burgers for an additional 5-10 minutes, or until internal temperature reaches **155 F**.
- 13 Remove skillet from oven and top burgers with cheese. If desired, place skillet back into hot oven and let cheese melt.
- 14 To serve burgers, layer 2 lettuce leaves with the turkey patty, sautéed onion, dill pickles, sliced tomato and 2 tbsp of prepared secret sauce. Top burger with 2 additional lettuce leaves. Fold top and bottom lettuce leaves together for a more substantial wrap.