

## 🥒 Mini Zucchini Burgers 🥒

### Ingredients:

2 medium zucchinis, sliced into rounds  
1 pound (450g) ground turkey or chicken  
1/2 cup grated zucchini  
1/4 cup grated carrot  
1/4 cup finely chopped onion  
2 cloves garlic, minced  
1/4 cup breadcrumbs  
1 egg  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/2 teaspoon paprika  
1/4 teaspoon red pepper flakes (optional)  
1/4 cup shredded cheddar cheese  
Olive oil for cooking  
Fresh chives for garnish

### Instructions:

#### Prepare the Zucchini Rounds:

Slice the zucchinis into rounds about 1/4 inch thick.  
Set aside.

#### Make the Mini Burgers:

In a large mixing bowl, combine the ground turkey or chicken, grated zucchini, grated carrot, chopped onion, minced garlic, breadcrumbs, egg, salt, black pepper, paprika, and red pepper flakes (if using). Mix well until all ingredients are evenly combined.

### Form the Patties:

Take small portions of the mixture and shape them into mini patties, about the size of the zucchini rounds.

### Cook the Patties:

Heat a drizzle of olive oil in a large skillet over medium heat. Cook the patties for 4-5 minutes on each side, or until they are golden brown and cooked through.

### Assemble the Mini Burgers:

In the same skillet, quickly cook the zucchini rounds until they are slightly softened, about 1-2 minutes per side.

### Stack the Burgers:

Place one zucchini round on a plate, top with a mini burger patty, add a small amount of shredded cheddar cheese, and then place another zucchini round on top. Secure with a toothpick if needed. Repeat for all patties and zucchini rounds.

### Serve:

Garnish with fresh chives and serve warm.  
Enjoy your healthy and delicious mini zucchini burgers! 🥒🍔



QR code to My Fitness Pal recipe:





# Zucchini Slider

Servings 6

calories per serving  
**251**

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## 15 Ingredients

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- 0.25 cup, diced, Cheddar cheese
- 0.50 tsp, Salt
- 1 lb, Ground turkey, 93%, raw
- 0.25 tsp, Red pepper flakes
- 0.50 cup, Zucchini
- 0.25 cup, Carrots, raw
- 0.25 cup, Breadcrumbs
- 2 lb(s), Sliced Zucchini
- 0.25 cup, chopped, Onion, raw
- 1 large, Eggs
- 1 tbsp, Cooking Olive Oil
- 2 clove , Garlic
- 0.50 tsp(s), Black pepper
- 0.50 teaspoon, Spices, paprika
- 2 tablespoon, Chives, raw

## Nutrition Facts

Servings 6.0

Amount Per Serving

**calories** 251

% Daily Value \*

**Total Fat** 13 g 20 %

Saturated Fat 4 g 18 %

Monounsaturated Fat 5 g

Polyunsaturated Fat 3 g

Trans Fat 0 g

**Cholesterol** 96 mg 32 %

**Sodium** 351 mg 15 %

**Potassium** 948 mg 27 %

**Total Carbohydrate** 15 g 5 %

**Dietary Fiber** 5 g 19 %

**Sugars** 7 g

**Protein** 23 g 46 %

Vitamin A 100 %

Vitamin C 148 %

Calcium 18 %

Iron 20 %

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.