

# spinach cranberry turkey burgers

**Makes 4 servings**

RECIPE ADAPTED FROM: [Lauren Renlund RD](#)

PREP TIME: 5 minutes

COOK TIME: 15 minutes

---

½ cup chopped spinach  
2 Tbsp diced green onion, green parts only  
1 - 2 tsp avocado oil  
1 lb ground turkey  
1 egg\*  
¼ cup rolled oats or low FODMAP breadcrumbs  
2 Tbsp dried cranberries, unsweetened preferred\*  
1 Tbsp Worcestershire sauce or Tamari\*  
¼ tsp salt  
½ tsp ground black pepper

---

## NOTES:

**\*If you cannot tolerate eggs, use a flax egg instead. In a small bowl mix 1 tablespoon ground flax with 3 Tbsp water and let sit for 5 minutes until thickened.**

**\*Dried cranberries are low FODMAP at 1 tablespoon.**

**\*If you have celiac disease use gluten-free Worcestershire sauce or Tamari.**

PREHEAT grill to medium heat or a grill pan over medium high heat.

WASH spinach and green onion. Chop spinach. Lightly pack down a half cup measuring cup with spinach. Dice the green leaves of the green onion.

HEAT 1 tsp oil in skillet over medium-low heat. Add the spinach and cook for 1 minute. Add the green onion and cook until spinach is cooked down, approximately 1-2 minutes. Remove from heat.

CHOP the dried cranberries into small pieces. In a large bowl mix together the turkey, egg, oats, cranberries, Worcestershire sauce or Tamari, salt and pepper. Mix in the spinach and green onion.

SHAPE into four patties that are approximately ¾-1 inch thick.

PLACE patties on the preheated grill or grill pan preheated to medium high with oil and cook for approximately 6 minutes.

FLIP and cook 5-6 minutes more until the thickest part of burgers reach 165°F (74°C).

REMOVE the burgers from the grill and place on a clean serving plate. Serve on a bun, lettuce wrap or bed of greens.

