

Mark's Kitchen

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Turkey Breakfast Patties with Avocado Lime Aioli

Ready in: 25 minutes

Serves: 5

This week's recipe comes from Functional Nutritionist, [Brigid Titgemeier](#). These Turkey Sausage Patties are a great way to rev up your metabolism and boost your energy levels first thing in the morning. Instead of sugary breakfast cereals and processed meats (like bacon and store-bought sausage), choose this anti-inflammatory breakfast to reduce your risk of cancer and disease. Food is medicine, after all!

Ingredients:

- 1 pound organic ground turkey
- 1 teaspoon dried sage
- 1 teaspoon fennel
- 1/2 teaspoon thyme
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- dash of salt
- dash black pepper
- 1 teaspoon extra-virgin coconut oil
- 1/2 ripe avocado, mashed
- 1/4 cup [Avocado Oil Mayonnaise](#)
- juice from 1/2 lime

- 1 small garlic clove, minced
- 1/2 teaspoon sea salt
- 1/4 teaspoon cumin
- diced chives to garnish (optional)

Step 1: In a medium bowl, mix the ground turkey with sage, fennel, thyme, garlic powder, onion powder and salt and pepper.

Step 2: Use your hands to form five round, flattened patties.

Step 3: Add the coconut oil to a large skillet and allow it to warm for 1 to 2 minutes over medium heat.

Step 4: Add the turkey sausage patties to the skillet and cook each side for 3 to 4 minutes or until the inside is fully cooked.

Step 5: In a small bowl, combine the avocado, avocado oil mayonnaise, lime juice, garlic, sea salt and cumin. Mix ingredients thoroughly to form a creamy sauce.

Step 6: Serve each turkey burger with a dollop of the aioli and garnish with chives, if using.

Nutritional analysis per serving (1 patty with 1/5 of the avocado lime aioli) :
calories 268, fat 22g, protein 16g, carbohydrate 2g, sodium 393mg