

Herb-Crusted Turkey Breakfast Patties with Creamy Avocado-Lime Aioli

Protein-rich turkey patties seasoned with aromatic herbs, paired with a luscious avocado aioli—a blood sugar-friendly breakfast that keeps you satisfied.

Prep: 10 min

Cook: 10 min

Total: 20 min

Servings: 5

GL 0.6 / GI 28

Ingredients

lean protein, zero glycemic impact organic ground turkey

anti-inflammatory herb dried sage

digestive support fennel seeds

aromatic herb dried thyme

may help regulate blood sugar garlic powder

adds savory depth onion powder

for patties sea salt

freshly ground preferred black pepper

medium-chain triglycerides for cooking extra virgin coconut oil

low GI, high in healthy fats ripe avocado, mashed

choose sugar-free variety avocado oil mayonnaise

from half a lime fresh lime juice

fresh for aioli small garlic clove, minced

for aioli sea salt

warm spice ground cumin

optional garnish fresh chives, chopped

optional serving suggestion, very low GI mixed salad greens

Instructions

Step 1

Combine the ground turkey with sage, fennel seeds, thyme, garlic powder, onion powder, sea salt, and black pepper in a large mixing bowl. Use clean hands to gently mix the seasonings throughout the meat until evenly distributed, being careful not to overwork the mixture.

Step 2

Divide the seasoned turkey mixture into five equal portions, approximately 3 ounces each. Shape each portion into a patty about 3/4-inch thick, creating a slight indentation in the center with your thumb to prevent bulging during cooking.

Step 3

Heat the coconut oil in a large cast-iron or non-stick skillet over medium heat for 1-2 minutes until shimmering but not smoking. The oil should coat the pan evenly when swirled.

Step 4

Carefully place the turkey patties in the heated skillet, leaving space between each one. Cook undisturbed for 3-4 minutes until the bottom develops a golden-brown crust and releases easily from the pan.

Step 5

Flip each patty using a spatula and cook the second side for another 3-4 minutes until the internal temperature reaches 165°F and the meat is no longer pink in the center. Transfer to a plate and let rest for 2 minutes.

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Step 6

While the patties cook, prepare the aioli by combining the mashed avocado, avocado oil mayonnaise, lime juice, minced garlic, sea salt, and cumin in a small bowl. Stir vigorously with a fork until smooth and creamy, adjusting seasoning to taste.

Step 7

Serve each turkey patty topped with a generous dollop of the avocado-lime aioli and garnish with fresh chopped chives. For optimal blood sugar control, pair with a side of sautéed spinach or a small mixed green salad dressed with olive oil and vinegar.