

Herb-Spiced Turkey Breakfast Patties with Creamy Avocado-Lime Sauce

Protein-rich turkey patties seasoned with aromatic herbs pair perfectly with a tangy avocado sauce for a blood sugar-friendly breakfast that keeps you satisfied.

Prep: 15 min

Cook: 10 min

Total: 25 min

Servings: 5

GL 0.6 / GI 28

Ingredients

Lean protein with minimal impact on blood sugar organic ground turkey

Aromatic herb, negligible glycemic impact dried sage

Digestive aid with no glycemic impact fennel seeds

Antioxidant-rich herb dried thyme

May help improve insulin sensitivity garlic powder

Adds flavor without sugar onion powder

For seasoning patties sea salt

Enhances nutrient absorption black pepper

Medium-chain triglycerides for cooking extra virgin coconut oil

Low GI (15), rich in healthy fats ripe avocado, mashed

Healthy fat-based condiment, no sugar avocado oil mayonnaise

Low GI citrus, adds brightness fresh lime juice

Fresh garlic supports metabolic health small garlic clove, minced

For seasoning sauce sea salt

May help regulate blood sugar ground cumin

Optional garnish, adds color and mild onion flavor fresh chives, chopped

Instructions

Step 1

Combine the ground turkey with sage, fennel seeds, thyme, garlic powder, onion powder, sea salt, and black pepper in a medium mixing bowl. Use your hands or a fork to mix thoroughly until all seasonings are evenly distributed throughout the meat.

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, pressing gently to ensure they hold together. Make a slight indentation in the center of each patty to prevent puffing during cooking.

Step 3

Heat the coconut oil in a large skillet over medium heat for 1-2 minutes until shimmering but not smoking. The pan should be hot enough that a small piece of meat sizzles immediately when added.

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. Flip each patty and cook for an additional 3-4 minutes until the internal temperature reaches 165°F and juices run clear.

Step 5

While the patties cook, prepare the avocado-lime sauce. In a small bowl, mash the avocado until mostly smooth with some texture remaining. Add the avocado oil, mayonnaise, lime juice, minced garlic, sea salt, and cumin.

Step 6

Stir the sauce ingredients vigorously with a fork or small whisk until well combined and creamy. Taste and adjust seasoning with additional salt or lime juice if desired. The sauce should be smooth and pourable but thick enough to dollop.

Step 7

Transfer the cooked turkey patties to serving plates. Top each patty with a generous dollop of the avocado-lime sauce and garnish with freshly chopped chives if using. Serve immediately alongside non-starchy vegetables like sautéed greens or sliced tomatoes for a complete low-glycemic breakfast.