



# Guacamole Burger

An extremely light and flavorful burger with Swiss cheese, lettuce, tomato, red onion... and 1/4 cup of Guacamole!!

This burger has a juicy ground turkey patty, covered with swiss cheese, served with lettuce, tomato, red onion and a big 1/4 cup scoop of my avocado and roasted zucchini guacamole.

## Servings Info.:

Yields: 4 burgers  
 Servings: 4  
 Serving Size: 1 burger



- last checked 03/01/24 -  
 Listed Points DO NOT INCLUDE BREAD! Use  
 whatever brand buns you want.

## Ingredients:

### Roasted Zucchini & Avocado Guacamole (makes 1 cup)

- 5 oz zucchini (1 good sized medium zucchini). Ends trimmed off. Slice in half, then across horizontally (making 4 pieces).\*\*\*
- 1/4 tsp salt
- 1/4 tsp cumin
- 1 medium garlic clove, crushed and finely chopped/minced
- 2 Tbsp cup finely diced onion
- 2 Tbsp roma tomatoes, seeds removed, diced
- 4.5 oz avocado flesh (1 med. avocado, flesh weighed in ounces)
- 1-1/2 tsp lime juice
- 1/4 tsp olive oil
- 1 Tbsp fresh cilantro, finely chopped, loosely packed

### Burger Patties

- 3/4 pound batch of 'savory' ground turkey, recipe on pg 26, formed into (4) 3oz patties

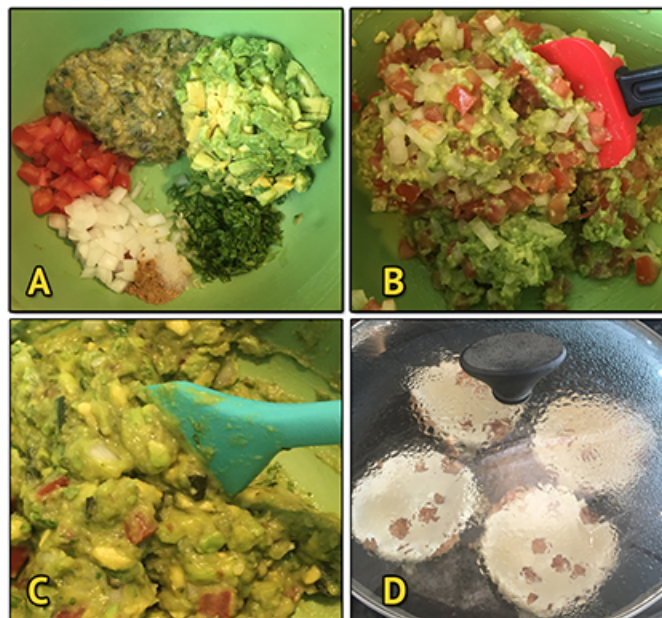
### Additional Toppings:

- 4 slices of light or deli thin sliced swiss cheese (see notes)
- Thin sliced rounds of red onion
- 1 large tomato, sliced into thin rounds
- Lettuce, any preferred variety.

## Directions:

- 1 Preheat oven to 425 degrees. Line a small baking pan with foil. Spray zucchini with cooking spray, bake for 25 minutes.

- 2 Remove zucchini from oven and place into a ziplock bag for 5 minutes, to let it steam and soften. Using a blender or immersion blender, puree/process the zucchini till almost smooth. Place into a large mixing bowl, along with the the salt, cumin and crushed/minced garlic.



- 3 (A) Carefully halve your avocado, remove the pit, then use a butter knife to dice the 'flesh' while it's still inside the avocado skin/cup. Scoop the flesh into a bowl and measure with a kitchen scale, in ounces. When you have 4.5 oz, move it to the large mixing bowl with all other guac. ingredients. (B) Use a spoon to stir the guacamole together. (C) For creamier guac., mash down while mixing the ingredients, to break down the avocado. Set aside. (D) Preheat a large pan, then cook the patties for 2.5 minutes on the first side. Then, flip the burgers and cook for 2 minutes. BUT... with 1 minute left, place a slice of cheese onto each patty, pour a little water into the pan, then cover with a lid and cook for 1 more minute. This will finish the cooking and melt the cheese. Remove from heat.

- 4 Toast your buns (deep squats help), then scoop out some bread from the top bun. This will help hold the guacamole in place when you bite down on the burger later. Slice your tomatoes and wash/clean your lettuce.



- 5 To assemble, (A) place some lettuce onto the bottom bun, followed by a slice of tomato. (B) Set one of the burger patties on the tomato, (C) followed by a thin slice of red onion. Next, add a 1/4 cup scoop of my low point guacamole. Yup, each burger gets an entire 1/4 cup... you're welcome. (D) Finally, top the burgers with the slightly scooped out top bun.

## NOTES & SUGGESTIONS:

- **SINGLE BURGER POINTS:** Like all of the cheeseburger recipes in this book, the listed points for the first burger are inaccurate. The points shown include all the points for all 4 slices of cheese, altogether... there's no way around it, that's simply how the recipe builder factors the points. IN REALITY... the first serving's "filling" should only be 2 points, not 3. One point for the thin slice of cheese and 1 point for the 1/4 cup of my Gringo Guacamole.
- **AVOCADO:** Obviously, if your plan lets you have Avocados for 'free' none of this concerns you. But, for those of us who have to track'em... the generic listing for 1 medium avocado, in the app, is 8 points. HOWEVER.... that's just a quick generic value, meant for you to "track on-the-fly". If you are preparing an Avocado, bust out your food scale, remove the 'flesh' from one, then weight it in ounces or grams. I used 1 single medium avocado for this recipe. There was 4.5 ounces of 'flesh' in it, when weighed with a food scale. THAT is only 5 points. So, what have we learned??? Weigh your avocado flesh. You get more for your points. For folks who have points for Avocados, this guacamole makes 1 cup for 5 total points.
- **THIN SLICED SWISS CHEESE:** If you can't find sargento or a different brand "thin" sliced swiss cheese, go to your store's deli section and ask them to cut some swiss cheese for you, as thin as humanly possible. Or... simply go buy normal sliced swiss cheese and use my 'cut the cheese' hack from earlier in the book.
- **ZUCCHINI? WHAT THE HECK!!!!?!** A friend who used to work as a 'line cook' at a Mexican restaurant told me, when Avocados get really expensive, his manager has them cut their guacamole with a 50/50 mix of avocados and mashed, roasted zucchini. It reduces the costs, tastes great, looks the same and in his words, "The Gringos can't tell the difference". If made properly, it works. This is a smaller yield recipe of my regular Guacamole recipe, which makes a 5-1/2 cup batch, in my Cookbook: Volume 2.
- **GUACAMOLE VIDEO:** Want to watch an old video of me making the full sized Cookbook 2 batch of the guacamole? Go to YouTube and type "the guilt free gourmet guacamole". And... be warned... I made that video in the middle of the pandemic, when I was bored off my rocker. Hence, why I'm dressed up in my full Boba Fett suit while I made it... my poor wife.

