

Summer Turkey Zucchini Poppers - Juicy, Savory Bites for Sunny Days

Summer Turkey Zucchini Poppers: Light, Juicy, and Packed with Flavor



TIME
12 min

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ChefManiac

INGREDIENTS

1 lb ground turkey
1 medium zucchini, grated and moisture squeezed out
 $\frac{1}{2}$ cup breadcrumbs (Italian seasoned or plain)
1 egg
2 cloves garlic, minced
... cup grated Parmesan cheese
1 tsp dried oregano
Salt and pepper, to taste
Olive oil, for cooking

Optional: Marinara sauce for dipping

Ingredient Notes & Swaps:

Breadcrumbs: Use panko for extra crispiness or almond flour for a low-carb option.

Zucchini: Make sure to squeeze out moisture with a towel or cheesecloth to avoid soggy poppers.

Cheese: Feta or shredded mozzarella can also work for variety.

Add a Kick: Throw in red pepper flakes or a touch of hot sauce for spice.

DIRECTIONS

- 1. Mix It All Together:** In a large mixing bowl, combine the ground turkey, grated and drained zucchini, breadcrumbs, egg, garlic, Parmesan, oregano, salt, and pepper. Mix until everything is fully incorporated.
- 2. Form the Poppers:** Roll the mixture into bite-sized balls (about 1 to 1.5 inches in diameter).
- 3. Cook:** Heat a drizzle of olive oil in a skillet over medium heat. Add the poppers and cook for about 10-12 minutes, turning occasionally, until golden on all sides and cooked through.
- 4. Serve:** Serve warm with your favorite marinara sauce for dipping or over salad or pasta.

SWAPS & NOTES

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TIPS FOR SUCCESS

Drain the Zucchini Well: This keeps the texture firm and helps the poppers hold their shape.

Don't Overmix: Just enough to combine-overmixing can make the texture dense.

Use a Cookie Scoop: For evenly sized poppers that cook consistently.

Make Ahead: These poppers are great for meal prep and can be frozen before or after cooking.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/summer-turkey-zucchini-poppers-juicy-savory-bites-for-sunny-days/>