

Healthy Weeknight Dinner: Turkey Zucchini Poppers

Summer Turkey Zucchini Poppers



OVEN
375°F

TIME
10-12 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

- 1 pound ground turkey (lean or regular)
- 1 medium zucchini, grated (and excess moisture squeezed out!)
- $\frac{1}{2}$ cup breadcrumbs (Italian seasoned or plain)
- 1 egg
- 2 cloves garlic, minced
- $\frac{1}{4}$ cup grated Parmesan cheese
- 1 teaspoon dried oregano
- Salt and pepper to taste

Olive oil for cooking

Optional: marinara sauce for dipping

Swaps and Notes:

Ground Turkey: Ground chicken or even lean ground beef could be used as alternatives, though the flavor profile will shift slightly.

Zucchini: The key here is to really squeeze out the excess moisture from the grated zucchini. This prevents the poppers from becoming soggy. Place grated zucchini in a clean kitchen towel or paper towels and squeeze firmly.

Breadcrumbs: If using plain breadcrumbs, you might want to add an extra pinch of Italian seasoning, garlic powder, or onion powder to the mixture. Gluten-free breadcrumbs can also be used.

Cheese: Other hard, grated cheeses like Pecorino Romano would also work beautifully.

Herbs: Feel free to experiment with other dried herbs like basil, thyme, or a blend of Italian

seasoning. Fresh herbs like chopped parsley or dill would also be fantastic.

Spice: A tiny pinch of red pepper flakes can add a subtle kick.

Dipping Sauce: While marinara is classic, these poppers are also great with a dollop of Greek yogurt mixed with a little lemon juice and dill, or even a creamy ranch.

DIRECTIONS

1. These poppers are incredibly straightforward to make, perfect for a quick and satisfying meal:
2. Prepare the : Mixture: In a large mixing bowl, combine the ground turkey, finely grated zucchini (ensure all excess moisture is squeezed out!), breadcrumbs, egg, minced garlic, grated Parmesan cheese, dried oregano, salt, and pepper. Use your hands to mix everything until it is well combined. Be careful not to overmix, as this can make the poppers tough.
3. Form the : Poppers: Take small portions of the mixture (about 1 tablespoon each) and gently roll them into bite-sized balls or "poppers." They should hold their shape well.
4. Cook the : Poppers: Heat a generous drizzle of olive oil in a large skillet over medium heat. Once the oil is shimmering, carefully add the turkey zucchini poppers to the skillet in a single layer, ensuring not to overcrowd the pan. Cook the poppers, turning them occasionally, until they are browned on all sides and cooked through. This should take approximately 10-12 minutes, depending on their size. The internal temperature should reach 165°F (74°C).
5. Serve: Remove the cooked poppers from the skillet and place them on a plate lined with paper towels to absorb any excess oil. Serve warm with marinara sauce for dipping, if desired.

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

Original recipe: <https://chefmaniac.com/healthy-weeknight-dinner-turkey-zucchini-poppers/>