

Turkey Black Bean Burgers with Salsa



SALSA

INGREDIENTS

4 medium tomatoes, diced
 1 small red onion, finely chopped
 1 jalapeno, seeded and mince, optional
 3 Tbsp. chopped fresh cilantro
 2 Tbsp. lime juice
 1 cup frozen corn kernels, thawed
 ½ tsp. salt

NUTRITION FACTS *8 servings*

Calories: 43 Total Carbohydrate: 11 g
 Fat: 0 g Dietary fiber: 1.4 g
 Sodium: 100 mg Protein: 1 g



BURGERS

INGREDIENTS

2 Tbsp. olive oil
 1¼ lb. package lean ground turkey
 1 (15 oz.) can black beans, rinsed, drained and lightly mashed
 1 egg, beaten
 ¾ cup Panko bread crumbs
 *substitute crushed tortilla chips or gluten free bread crumbs
 1 tsp. salt

2 tsp. chili powder
 1 tsp. cumin
 ¼ tsp. pepper
 ½ tsp. garlic powder
 ½ tsp. onion powder
 1 avocado, peeled, pitted, and diced, optional
 Light sour cream, optional

NUTRITION FACTS

8 servings
 Calories: 261
 Fat: 11 g
 Sodium: 281 mg
 Total Carbohydrate: 11 g
 Dietary fiber: 4 g
 Protein: 22 g

DIRECTIONS

1. Mix together all the ingredients for salsa. Cover and chill.
2. For burgers – preheat oven to 350 degrees. Heat oil in large oven proof skillet over medium heat.
3. Slightly mash beans in large bowl. Add salt, seasonings, breadcrumbs (or tortilla chips), and beaten egg. Mix until evenly combined. Add turkey and use your hands to mix well. Form 8 equal sized patties.
4. Cook patties 4-5 minutes. Flip and cook another 4-5 minutes or until there is no pink in center. Place skillet in oven and bake for 2-3 minutes. When serving, top burgers with salsa, a few slices of avocado and a little sour cream.