

Southwest Turkey Burgers with Chipotle-Lime Sauce

Recipe by Kiwi and Carrot www.kiwiandcarrot.com

Prep time: 20 minutes

Cook time: 10 minutes

Total time: 30 minutes

Serves: 4-6

Ingredients

Turkey Burgers

2 lbs. ground turkey

1 egg

1 cup frozen corn

1/2 cup canned black beans

1/3 cup sweet red pepper

1/3 cup cilantro

1/2 cup onion

1 clove garlic

1 tsp. cumin

1 tsp. Cajun spice blend

Pepper and salt to taste

6 Brioche buns (or wrap in lettuce!)

Green leafy lettuce

1 avocado

Chipotle-Lime Sauce

1 cup plain Greek yogurt

1-2 Tbsp. canned chipotles in adobo

Juice of one lime

Pepper and salt to taste



Instructions

Turkey Burgers

- 1) Place ground turkey in large bowl. Crack egg into bowl and mix until incorporated.
- 2) Add corn and drained black beans.
- 3) Chop pepper, cilantro and onion, and add to mixture.
- 4) Mince garlic and add with spices to mix.
- 5) With hands, mix thoroughly and shape into six large patties.
- 6) Grill over medium heat for five minutes, each side.
- 7) Serve on buns with sauce, lettuce and avocado slices.

Chipotle-Lime Aioli

- 1) Smash chipotles into a paste and add to yogurt in a small bowl.
- 3) Add lime juice and stir all together.
- 4) Chill until using.

Notes

*Add more or less chipotles to yogurt to match your desired level of heat.

*For a lower-carb option, skip the brioche bun and wrap it in lettuce!

Nutrition Facts

Amount Per Serving

Calories 385

% Daily Value*

Total Fat 20.3g **31%**

Saturated Fat 5.7g **29%**

Cholesterol 137.4mg **46%**

Sodium 751.3mg **31%**

Total Carbohydrate 16.4g **5%**

Dietary Fiber 5.2g **21%**

Sugars 4.6g

Protein 37.3g **75%**

Vitamin A 9% • Vitamin C 39%

Calcium 9% • Iron 16%

***These nutrition facts are for 1 burger patty with chipotle-lime sauce. Does not include the brioche buns because each brand of bun will be different.**