



Quinoa Black Bean Burgers

Serves 6

Ingredients:

- ½ cup Vidalia onion diced
 - ¼ cup jalapeno diced
 - ¼ bell pepper red and/or green diced
 - ½ teaspoon olive oil
 - ½ teaspoon cumin
 - 1 cup fine chopped kale
 - 1 clove garlic, minced
 - ½ cup cilantro
 - ½ cup cooked quinoa
 - 1½ cups “no sodium added” black beans drained
 - ¼ cup grated parmesan cheese
 - ½ cup whole wheat breadcrumbs
 - Salt and pepper to taste
- garnish with red pepper and cucumber.**

Instructions:

1. Sauté the onion, peppers, cumin and kale in the oil over medium heat for a couple minutes until caramelized.
2. Drain the beans and mash them coarsely in a bowl. Mix cooked quinoa and vegetables.
3. Stir in cheese, salt and a portion of breadcrumbs. Stir till mixture is stiff enough to form patties. Add more breadcrumbs if needed or another egg white until desired consistency
4. Shape into 6 patties.
5. Coat in remaining breadcrumbs.
6. Fry in light oil on a skillet for 3 minutes on each side until crust forms.

Nutrition Facts

Calories 190

Calories from Fat 99

Total Fat 11g 17%

Saturated Fat 3.5g 17%

Cholesterol 0mg 0%

Sodium 150mg 6%

Potassium 0mg 0%

Carbohydrates 20g 7%

Dietary Fiber 2g 8%

Protein 4g

Vitamin A 8% · Vitamin C 2%

Calcium 2% · Iron 4%

Bruschetta Turkey Burger Sliders with garlic Avocado

Serves 12

Avocado spread:

- 2 large avocados, peeled, pitted and chopped
- ¼ minced Vidalia onions
- 1/4 teaspoon garlic powder
- 1/4 cup fresh basil, chopped
- Cayenne pepper

Bruschetta:

- 4 large tomatoes, chopped
- 1 teaspoon garlic, minced
- 1/4 cup fresh basil, chopped
- 1 onion chopped
- 1 tablespoon olive oil
- Salt and pepper, to taste

Burger:

- 1 1/2 pounds ground turkey
- 1/2 cup Italian Shredded Cheese
- 2 cloves garlic, finely chopped
- 2 tablespoons olive oil
- 12 slider rolls

Instructions:

1. Mix together avocado, garlic powder, basil, onion and cayenne pepper.
2. Mix together tomatoes, garlic, basil, and olive oil. Add salt and pepper to taste.
3. Mix together ground turkey, shredded cheese and garlic. Form mixture into small patties. Grill patties until center reads 160° F.
4. Evenly coat bottom half of the roll with Avocado Spread. Top with a cooked turkey burger, bruschetta, and top with your favorite roll.

Nutrition Facts

Calories 180

Calories from Fat 81

Total Fat 9g 14%

Saturated Fat 2.5g 12%

Cholesterol 80mg 27%

Sodium 100mg 4%

Carbohydrates 0g 0%

Dietary Fiber 0g 0%

Protein 21g

Vitamin A 2% · Vitamin C 0%
Calcium 2% · Iron 6%