



Turkey and Black Bean Burgers



Makes 4 servings

Ingredients

- 1 pound 93% lean ground turkey
- 1/2 cup no-salt-added canned black beans, drained
- 1 large egg
- 1/4 cup diced sweet onion
- 1/4 cup diced green bell pepper
- 1/4 cup chopped fresh parsley
- 3 cloves garlic, minced
- 1 teaspoon Italian seasoning
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground cayenne pepper
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon smoked paprika
- 1 tablespoon organic cold pressed canola oil

Directions

1. In a large bowl, combine all ingredients except oil. Use your hands to mix until well-combined. Form into 4 patties.
2. In a large skillet, heat oil over medium heat. Add patties and cook for 4 to 5 minutes on each side. Turkey burgers are ready when a cooking thermometer inserted into the center of a patty reaches 165 F.
3. Enjoy warm!



MAIN DISH



TIP

Serve these burgers with sliced avocado, tomato and onion, brown spicy mustard and lettuce too!*

*Option not included in nutrition facts.

= low sodium

= gluten free

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nutr-ah-58780 (3/19)

Nutrition Facts

Serving Size 1 burger (189g)
Servings Per Container 4

Amount Per Serving

Calories 260 **Calories from Fat 130**

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 140mg **47%**

Sodium 100mg **4%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 25g

Vitamin A 10% • Vitamin C 25%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: egg

Carb choices per serving: 0