

GREEN CHILE TURKEY BURGERS

By Dr. Cindy Tanzar

Savor the delightful flavor of Green Chile Turkey Burgers, a healthy and tasty twist on a classic favorite. Made with one pound of ground turkey mixed with two cans of diced green chiles, these burgers are infused with finely chopped sweet onion, cumin, and chili powder for a zesty kick. Seasoned with sea salt and packed with the option of vibrant cilantro for added freshness, these burgers are perfect for grilling or pan-searing. Serve them with a side of sugar-free salsa for a delicious and satisfying meal that will bring a bit of Southwestern flair to your dinner table!

Makes 4 servings.



INGREDIENTS

- 1 pound ground turkey
- 2 (4 ounce) cans diced green chiles, drained
- ½ cup finely chopped sweet onion
- 2 tsp. cumin
- 1 tsp. chili powder
- 1 tsp. sea salt
- 1 cup finely chopped cilantro, optional
- Salsa – without sugar, optional

DIRECTIONS

1. Combine all ingredients in a medium-sized bowl. Form into 8 patties and grill 4-5 minutes per side.
2. Enjoy salsa as a relish.