



Black Bean-Turkey Burgers

Serves 6

Prep time: 30 minutes

Cooking time: 10 minutes

Ingredients

- 1 lb (93% lean) ground turkey
- 1 small sweet onion
- 1 can black beans, drained and rinsed
- 1 tsp cumin
- 1 tsp cumin seed
- 1 tsp salt,
- pepper or red pepper flakes to taste

Preparation

- Dice the onion finely
- Gently combine the turkey, onion, beans and spices
- Form into 6 burgers
- Grill or sauté until done, about 10 minutes
- Serve with whole wheat pita or flatbread and cilantro tzatziki (below)

Cilantro Tzatziki:

- 2 cups plain greek yogurt
- 1 clove minced garlic
- 1 small cucumber, grated
- 2 tsp olive oil
- 2 tsp lime juice
- 1/4 cup chopped cilantro
- Salt and pepper to taste

Preparation

- Combine ingredients and season to taste with salt and pepper

When you think burger, consider adding plant-based foods for a healthy burger that is easy on the budget and on the planet! Get your family involved and invent your own mix of protein, vegetables, grains and seasoning for a healthy twist on this classic.

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