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Turkey Burgers with Roasted Red Pepper and Avocado Salsa

Add a little Mexican twist to your grill this summer!

Ingredients

Burger

- 1 lb ground turkey
- 2 eggs
- ½ cup + 2 tbsp plain bread crumbs
- ½ cup favourite cheese, finely grated
- 2 tbsp fresh basil, minced
- ½ tsp freshly ground black pepper

Salsa

- 1 ripe avocado, finely diced
- ½ lb roasted red pepper, finely diced
- 1 tbsp fresh lime juice
- 2 tbsp fresh basil, julienned
- ¼ tsp or more habañoero pepper, minced
- Sea salt to taste

Directions

Gently combine all ingredients for salsa and set aside. Combine all ingredients for burgers; shape into 4 patties. Grill or bake until patties are cooked through but still moist. Serve with salsa.

Makes 4 servings. Per serving: 420 calories, 24g fat (7g saturated), 30g protein, 20g carbohydrate, 211mg cholesterol, 473mg sodium

Source: www.wholefoodsmarket.com