

## **SOUTHWEST TURKEY BURGERS (GLUTEN FREE)**

- 1 1/3 lbs. ground turkey breast
- 2 cloves garlic, finely chopped
- 1 large shallot/green onion (or 1/4 red onion), finely chopped
- 2 T. chopped fresh thyme or 1 tsp. dried
- 2 T. chopped fresh cilantro or parsley
- 1 Serrano or jalapeno pepper, seeded and finely chopped
- 2 tsp. ground cumin
- 1 to 2 tsp. cayenne hot sauce
- 2 tsp. grill seasoning blend

Nutrition Facts Serving Size (170g) Servings Per Container Amount Per Serving			
Calories 240 Calories from Fat 120			
% Daily Value*			
Total Fat 13g	)		20%
Saturated Fat 3.5g			18%
Trans Fat 0g			
Cholesterol 110mg			37%
Sodium 380mg			16%
Total Carbohydrate 5g 2%			
Dietary Fiber 1g 49			4%
Sugars 1g			
Protein 29g			
Vitamin A 6%	. • \	√itamin (	6%
Calcium 6%	•	ron 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 Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gram Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Mix together all ingredients well and coat with olive oil on both sides. Grill on low-medium heat until internal temperature of each burger reaches 165° F.

NUTRITION FACTS: Serving size: 4 oz per serving