Southwest Turkey Burger and Sweet Potato Fries

Enjoy our kicked-up version of a popular fast-food meal, complete with more fiber and less sodium than the drive-thru option.

Ingredients

Southwest Turkey Burger

1 pound ground skinless turkey breast

1/2 cup no-salt-added canned black beans, rinsed and drained

3 medium green onions, finely chopped

1/2 teaspoon garlic powder

1/4 teaspoon ground cumin

3/4 teaspoon chili powder

1/4 teaspoon pepper

Cooking spray

4 whole-wheat hamburger buns (lowest sodium available), split

2 cups shredded romaine lettuce

4 tomato slices (about 1/2 medium tomato)

1 small avocado, peeled, pitted, and thinly sliced

1/4 medium red onion, thinly sliced

Sweet Potato Fries

2 medium sweet potatoes, cut into long strips about 1/2 inch wide

2 teaspoons canola or corn oil

1 teaspoon chili powder

1/4 teaspoon pepper

Directions

Southwest Turkey Burger

Preheat the oven to 450°F.

In a large bowl, using your hands or a spoon, combine the turkey, black beans, green onions, garlic powder, cumin, and chili powder until blended. Form into 4 patties. Sprinkle with 1/4 teaspoon pepper.

Lightly coat a medium skillet with cooking spray. Cook the patties, covered, for 3 to 4 minutes on each side, or until no longer pink in the center.

Serve the patties on the buns, topping the patties with the lettuce, tomato, avocado, and red onion.

Sweet Potato Fries

In a large bowl, stir together the potatoes, oil, chili powder, and 1/4 teaspoon pepper. Arrange the potatoes in a single layer on a large baking sheet. Bake for 20 minutes, or until crisp, turning once halfway through.

Calories	Protein	Fiber	Cost Per Serving
439 Per Serving	36g Per Serving	12g Per Serving	$3.55

Nutrition Facts

Calories	439
Total Fat	11.5 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.5 g
Monounsaturated Fat	5.5 g
Cholesterol	45 mg
Sodium	314 mg
Total Carbohydrate	52 g
Dietary Fiber	12 g
Sugars	11 g
Protein	36 g