Tex-Mex Turkey Burgers with Pineapple-Black Bean Bean Salsa
Burgers and Bacon – April 20, 2015

Ingredients:
- 1 lb. lean ground turkey
- 1 large red onion
- Thin whole grain hamburger buns
- ½ C. jalapenos
- 1 bunch cilantro (stems removed)
- 1 chipotle in adobo sauce (plus 1 T. of adobo sauce)
- 1 T. cumin
- 3 cloves garlic
- Low-fat pepper-jack cheese
- 1 C. black beans
- 1 C. pineapple chunks
- 1 small red onion (chopped)
- ½ C. cilantro (stems removed, chopped)

Directions:

1. Combine the onion, garlic, chipotle, adobo, cilantro, jalapeno, and salt in a food processor. Process into a paste.
2. Combine the paste with the turkey meat, being careful not to overmix it.
3. Form turkey meat into patties. Grill burgers until cooked through, about 15 minutes, flipping occasionally.
4. Top with pepper-jack cheese the last 5 minutes of cooking. (Optional)
5. Grill ‘thins’ buns 2-3 minutes.
6. Top with Pineapple-Black Bean Salsa

Notes:

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