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Southwest Turkey Burger and Sweet Potato Fries

439 Calories | 314 mg Sodium | $3.55 Per Serving

This Simple Cooking with Heart, American/Southwest burger and fries recipe have a heart-health seal of approval.

Ingredients

1 lb. extra-lean or fat-free, ground turkey (95-99% lean)
1/2 cup canned, lower-sodium black beans, drained, rinsed
3 green onions, finely chopped
1/2 tsp. garlic powder
1/4 tsp. ground cumin
3/4 tsp. chili powder
1/4 tsp. black pepper
non-stick cooking spray
1 small avocado, thinly sliced
4 whole-wheat hamburger buns
2 cup romaine lettuce, shredded
4 slice tomato (about 1/2 of 1 medium tomato)
1/4 red onion, thinly sliced
2 sweet potatoes, cut into bite-size strips
2 tsp. vegetable oil
1 tsp. chili powder
1/4 tsp. black pepper

Directions

Total Time: 0

1.

2. Preheat oven to 450° F.

3. In a large mixing bowl, combine turkey, black beans, green onion, garlic powder, cumin and chili powder and gently fold together by hand. Separate into 4 equal size patties (approx. 4.5 ounces each). Season with pepper.

4. Heat a medium sized skillet and coat with cooking spray over medium heat. Place patties in skillet and cover. Cook 3-4 minutes on each side.

5. Place on bun and top with lettuce, tomato, avocado and red onion.

6.

7. Combine sweet potatoes, oil, chili powder and remaining pepper. On a baking sheet, spread fries in single layer. Cook for 20 minutes, flipping once.

Additional Tips

Leftover ingredients?
Search for the ingredient below and use the remaining amount in these recipes!

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