

# Southwest Turkey Burger & Sweet Potato Fries

## INGREDIENTS

- 1 pound ground skinless turkey breast
- ½ cup no-salt-added canned black beans, rinsed and drained
- 3 medium green onions, finely chopped
- ½ tsp garlic powder
- ¼ tsp ground cumin
- ¾ tsp chili powder
- ¼ tsp pepper
- 4 whole-wheat hamburger buns (lowest sodium available), split
- Cooking spray
- 2 cups shredded romaine lettuce
- 4 tomato slices (about ½ medium tomato)
- 1 small avocado, peeled, pitted, thinly sliced
- ¼ medium red onion, thinly sliced



*Recipe courtesy of the American Heart Association*

## Sweet Potato Fries

- 2 medium sweet potatoes, cut into long strips about ½ inch wide
- 2 tsp canola or corn oil
- 1 tsp chili powder
- ¼ tsp pepper

## DIRECTIONS

1. Preheat the oven to 450°F.
2. In a large bowl, combine the turkey, black beans, green onions, garlic powder, cumin, and chili powder until blended. Form into 4 patties. Sprinkle with ¼ teaspoon pepper.
3. Lightly coat a medium skillet with cooking spray. Cook patties, covered, for 3 to 4 minutes on each side, or until no longer pink in the center.
4. Serve the patties on the buns, topping the patties with the lettuce, tomato, avocado, and red onion.

## Sweet Potato Fries

1. In a large bowl, stir together the potatoes, oil, chili powder, and ¼ teaspoon pepper. Arrange the potatoes in a single layer on a large baking sheet. Bake 20 minutes, or until crisp, turning once halfway through.