



# GREEN CHILE TURKEY BURGERS

By Dr. Cindy Tanzar  
(Standard/Maintenance)

Makes 4 servings covering your protein and 1/4 of your vegetables.



## INGREDIENTS

- 1 pound ground turkey
- 2 (4 ounce) cans diced green chiles, drained
- 1/2 cup finely chopped sweet onion
- 2 tsp. cumin
- 1 tsp. chili powder
- 1 tsp. pink Himalayan salt
- 1 cup finely chopped cilantro, optional
- Salsa – No Sugar Added, optional



## **DIRECTIONS**

Combine all ingredients in a medium-sized bowl. Form into 8 patties and grill 4-5 minutes per side.

Enjoy salsa as a relish.