

Turkey Fajita Burgers

Yield: 4 servings (serving size: 1 burger)

Ingredients

Guacamole – I just use the premade stuff but you could make your own!

1 cup panko bread crumbs

Cooking spray

1/2 cup finely chopped onion

1/2 cup finely chopped red bell pepper

1/2 cup finely chopped green bell pepper

¼ t salt, divided

1 tablespoon tomato paste

1 pound ground turkey

1 egg white

4 (1 1/2-ounce) whole wheat hamburger buns, toasted

2 t Fajita seasoning – either buy a packet of fajita seasoning or make your own (see below)

¼ t chili powder or cayenne pepper

¼ t cumin

¼ t paprika

1/8 t onion powder

1/8 t garlic powder

Preparation

Cut onions and bell peppers into a very fine chop.

Heat a large nonstick skillet over medium-high heat. Spray with cooking spray.

Sautee onions and peppers until tender (about 5 minutes) at the end add ½ t fajita seasoning and ¼ t salt. Set aside to cool a bit.

Combine breadcrumbs, pepper and onion mixture, remaining fajita seasoning and salt, tomato paste, turkey, and egg white in a large bowl – using your hands mix until all ingredients are combined.

Divide turkey mixture into 4 equal portions, shaping each into a 3/4-inch-thick patty.

Using the same pan that you cooked the peppers and onions, re-heat over med and spray again with cooking spray.

Place patties in hot skillet and cook about 5 minutes a side (or until done.)

You can add a piece of cheese if you like, top with a tsp of guacamole and a bun!

Enjoy!!