



55 E. Galena St. Butte, MT 59701

Aztec Turkey Quinoa Burgers

From diabetesfoodhub.org

Makes 6 Servings

Ingredients

- 1 lb lean ground turkey or chicken
- 1/3 cup quinoa- cooked
- 3 green onions- minced
- 1/2 cup kale- chopped
- 2 Tbsp extra virgin olive oil
- 1/2 tsp cumin
- 1 tsp dried oregano
- 1 tsp chili powder
- 1 chipotle chili in adobo- minced, optional

Directions

1. In a large bowl, combine all ingredients and mix well to distribute. Shape into 6 patties.
2. Heat skillet to medium high and place burgers in pan. Cook for 5-6 minutes per side until cooked through to doneness.
3. Serve with whole wheat buns and your favorite burger toppings.

Nutrition per serving

Calories	198.21kcal	10%
Total Fat	14.6g	21%
Carbs	3.64g	1%
Sugars	0.42g	0%
Protein	13.7g	27%
Sodium	58.07mg	3%
Fiber	0.94g	3%

Percent Daily Values based on a 2,000 calorie diet.