

# Fiesta Turkey Burgers with Special Sauce



Treat your tastebuds to a flavor party with these tasty burgers seasoned with taco flair and topped with a creamy spiced burger sauce.

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>30 MIN</b>
-----------------------------------	-----------------------------------	------------------------------------

## INGREDIENTS

*For the Burgers:*

¼ each	Red Onion, small dice
½ each	Red Bell Pepper, small dice
1 each	Carrot, peeled and grated
1 lb	Ground Turkey
2 Tbsp	Salt-Free Taco Seasoning
½ cup	Cheddar Cheese, shredded (1 oz)
¼ tsp	Kosher Salt
As needed	Nonstick Cooking Spray

*For the Sauce & Assembly:*

¼ cup	Greek Yogurt, plain, nonfat
2 Tbsp	Ketchup
2 Tbsp	Salsa
1 tsp	Hot Sauce, such as Crystal
¼ tsp	Salt-Free Taco Seasoning
6 each	Whole Wheat Burger Buns
2 cups	Baby Spinach

## CHEF'S NOTES

Adding vegetables to this burger adds bright color and moisture to ground turkey. We also add the cheese inside the burger for extra juiciness!

Any extra burger sauce can be stored in an airtight container in the refrigerator for up to 5 days. Make a bigger batch to have on hand for adding zesty flavor to burgers, sandwiches, and use as a dipper for crunchy baked chicken tender or veggie bites.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F and line a baking sheet with parchment paper. Spray lightly with nonstick cooking spray and set aside.
2. In a large mixing bowl, add the burger ingredients: onion, bell pepper, carrot, turkey, taco seasoning, cheese, and salt. Using clean hands, mix until well blended.
3. Form 6 patties (3 oz each) and place on the prepared baking sheet, spacing evenly.
4. Place the baking sheet in the oven and bake until the patties reach an internal temperature of 165°F, about 8-10 minutes.
5. Meanwhile, make the sauce: in a small mixing bowl, add the yogurt, ketchup, salsa, hot sauce and taco seasoning. Stir to combine evenly and place in the refrigerator until needed.
6. To assemble the burgers: toast the buns and top each bottom bun with spinach, a cooked burger patty and about 1 Tbsp of sauce. Add the top buns and enjoy!

# Nutrition Facts

6 servings per container

**Serving** 1 burger with 1 Tbsp sauce

**Size** (186 g)

Amount per serving

**Calories** 280

% Daily Value \*

**Total Fat 9g** 11%

Saturated Fat 2g 11%

*Trans* Fat 0g

**Cholesterol 55mg** 19%

**Sodium 530mg** 23%

**Total Carbohydrate 31g** 11%

Dietary Fiber 5g 19%

Total Sugars 5g

Includes 1g Added Sugars 1%

**Protein 23g** 47%

Vitamin D 0.27mcg 0%

Calcium 80mg 6%

Iron 1mg 6%

Potassium 300mg 6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

