

SPICY JALAPENO TURKEY BURGERS



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Extra Lean Ground Turkey	1 Lb.	Ground Cumin	½ Tsp.
Fresh Cilantro, Stems removed and finely chopped	¼ Cup	Ground Coriander	½ Tsp.
Small Jalapeño Pepper, Seeded and finely chopped	1	Cayenne Pepper	¼ Tsp.
Garlic Cloves, Minced	2	Kosher Salt	¼ Tsp.
Smoked Paprika	½ Tsp.	Ground Black Pepper	⅛ Tsp.



PREPARATION

- In a large bowl, combine ground turkey, cilantro, jalapeño, garlic, and all the spices.
- Divide the mixture into 4 equal portions and shape into burger patties.
- Heat a grill or nonstick skillet over medium heat.
- Cook the patties for 4-5 minutes per side or until fully cooked through and browned.
- Let the patties rest for 2 minutes before serving.
- Enjoy with lettuce wraps, salad, or your favorite Phase 1-friendly sides.