



Southwest Turkey Burgers

Turn up the flavor at your next family barbecue with these healthy turkey burgers that have salsa mixed right in. A creamy guacamole-style sauce adds the perfect finishing touch.

Recipe courtesy of Nature's Own Bread. For more information, visit naturesownbread.com.

Ingredients:

4 Nature's Own 100% Whole Wheat Sandwich Rolls
1/3 cup salsa
1/4 cup chopped green onions
1 teaspoon dried oregano leaves
1/2 teaspoon ground cumin
1/4 teaspoon salt
1 small ripe avocado, mashed
1 tablespoon reduced-fat sour cream
1 tablespoon chopped fresh cilantro
1 tablespoon lime juice
4 lettuce leaves
1 pound ground turkey breast
4 tomato slices

Instructions

Set the EGG for direct cooking at 450°F/232°C.

Combine turkey, salsa, green onions, oregano, cumin and salt in large bowl. Shape into four patties. Place patties on grid and grill 4 to 5 minutes per side or until burgers are cooked through.

Meanwhile, combine avocado, sour cream, cilantro and lime juice in medium bowl. Season with salt; set aside. Place lettuce leaf on each roll bottom. Top with burger, tomato slice and avocado mixture.

Serves 4