



Green Chile Turkey Burger

490 Calories

Ingredient List

Turkey Burgers

- 2 lbs 93% lean/7% fat ground turkey
- 1 tsp Worcestershire sauce
- 1/2 tsp liquid smoke
- 2 tsp garlic powder
- 1 tsp black pepper
- 1/2 tsp onion powder
- 3/4 tsp cumin powder
- 1 tsp salt
- 8 oz canned hatch green chiles
- Cooking spray

Green Chile Ranch Sauce

- 1 cup non-fat Greek yogurt
- 4 oz canned hatch green chiles
- 3 tsp lemon juice
- 2 tsp dried dill
- 2 tsp dried parsley
- 2 tsp garlic powder
- 1 tsp onion powder
- Salt to taste

Cooking Instructions

1. Add the ingredients for the ranch sauce to a blender and blend until smooth.
2. Mix the ground turkey with the salt, pepper, garlic powder, onion powder, cumin, Worcestershire sauce, and liquid smoke.
3. Form into 5 oz patties and spray each side lightly with oil.
4. Add the patties to a pan preheated over medium heat. Cook for 2 minutes on each side. Add a slice of gouda cheese on each patty to melt at the halfway point.
5. Toast the multigrain buns in a toaster or broil them in the oven.
6. Add 8 oz of green chiles to another pan preheated to medium. Season with a little garlic powder and a pinch of salt.
7. Assemble the burger by adding the ranch to the bottom bun. Top with one of the burger patties and spoon over the cooked green chiles.
8. To finish assembling, add a handful of arugula and sliced tomato on top. Crown your burger with the top bun and enjoy!

