



## Turkey Chili Burgers

**Prep Time** 15 mins

### Ingredients

- 1lb Ground Turkey
- 4oz Green Chilis
- 1 cup Cilantro
- ½ cup Onion, chopped
- 2 tsp Cumin
- 1 tsp Chili Powder
- 1 tsp Pink Salt
- Lettuce
- Tomato Slices
- Avocado Slices



### Directions

1. Form into patties
2. Heat a small amount of oil (olive oil or coconut oil) in a pan
3. Sauté until done

### Notes

Put patties into lettuce wrapped with tomato and avocado slices. Serves 4, calories per serving – 184, with lettuce and avocado – 243 calories per serving.