



# MINI BAJA BURGERS

## Ingredients:

- 1 lb 93/7 lean ground turkey
- 1 small red onion, finely diced
- 1 jalapeño, finely diced
- 1 large egg
- 1 tsp cumin
- 1 Tbsp reduced-sodium Worcestershire sauce
- 6 slices pepper jack cheese, cut in half
- 6 Tbsp olive oil mayonnaise
- 1 tsp chipotle powder
- 12 small whole-wheat dinner rolls
- 6 large lettuce leaves, torn in half
- 1 tomato, sliced
- 1 avocado, sliced

25 Min | Serves 6

Nutrition Facts	
6 servings per recipe	
<b>Serving size</b>	(263g)
Amount per serving	
<b>Calories</b>	<b>470</b>
	% Daily Value*
<b>Total Fat</b> 26g	33%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 115mg	38%
<b>Sodium</b> 650mg	28%
<b>Total Carbohydrate</b> 34g	12%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 27g	
Vitamin D 1mcg	6%
Calcium 277mg	20%
Iron 3mg	15%
Potassium 617mg	15%

\* 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.

## Preparation:

1. In a large bowl, combine turkey, onion, jalapeño, egg, cumin & Worcestershire sauce. Create 12 slider-sized patties.
2. Heat a skillet over medium. Add half the patties to skillet. Cook 4-5 minutes per side or until cooked through. Remove from heat & top with cheese. Repeat with remaining patties.
3. In a small bowl, mix mayo & chipotle powder. Spread 1/2 Tbsp of mayo onto each roll.
4. Serve each patty on a roll with lettuce, tomato & avocado.



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