Asian Turkey Burgers with Red Bean & Pepper Salad

Serves 4. Total time 15 minutes, plus one hour to chill salad.

Asian Turkey Burgers

1 pound ground turkey breast 4 (2 oz.) whole wheat hamburger buns
¼ cup hoisin or other BBQ sauce 4 lettuce leaves
½ tsp. garlic powder 4 tomato slices
½ tsp. ground ginger 4 tsp. light mayonnaise
½ T. olive oil

Directions:
1. In a large bowl, combine turkey, hoisin, garlic, and ginger; shape into 4, ¾-inch patties.
2. Warm oil in a large skillet over medium-high heat. Sauté turkey burgers for about 5 minutes on each side, or until cooked through. Serve on hamburger buns with lettuce, tomato, and mayonnaise.

Red Bean & Pepper Salad

4 cups thinly shredded cabbage, ¼ cup crumbled feta cheese
or cole slaw mix 1/3 cup chopped parsley
2 cups cooked kidney beans juice of 1 whole lemon (about 3 Tablespoons)
1 red pepper, chopped 2 T. rice vinegar
1 cup grape tomatoes, halved 1 T. olive oil
4 scallions, chopped

Directions:
1. In a large bowl, combine all ingredients. Chill for at least one hour to let flavors blend.

Total Meal Nutrition Information (per ¼ of each recipe): 411 calories, 40 g protein, 11 g fat, 2 g saturated fat, 42 g carbohydrate, 11 g fiber, 62 mg cholesterol, 600 mg sodium 1 serving equals: 2 whole grain, 1.5 protein/dairy, 4 vegetable, 1 fat

By Kelly Frazier, M.A., Furman University, Department of Health Sciences
Asian Turkey Burgers with Red Bean & Pepper Salad

Shopping List

Produce Section
- 4 cups thinly shredded cabbage or bag cole slaw mix
- 1 red pepper, chopped
- 1 cup grape tomatoes, halved
- 4 lettuce leaves
- 4 tomato slices
- 4 scallions, chopped
- 1 whole lemon (or 3 T. lemon juice)
- 1/3 c. chopped parsley

Dry Goods Section
- 4 (2 oz.) whole wheat hamburger buns
- 1 pkg. dried kidney beans (prepared ahead) or
  1 (15 oz.) can kidney beans, well rinsed and drained
- ½ cup hoisin or other BBQ sauce (see tip #1)
- 2 T. rice vinegar (see tip #2)
- 4 tsp. light mayonnaise
- 1 - ½ T. olive oil
- ½ tsp. garlic powder
- ½ tsp. ground ginger

Meat/ Dairy Section
- 1 pound ground turkey breast (see tip #3)
- ¼ cup crumbled feta cheese

Smart Shopper Tip #1:
Hoisin sauce is an Asian barbeque sauce that makes these burgers moist and flavorful. It can usually be found with the soy sauce and other ethnic condiments in your local supermarket. If you can't find it, try barbeque sauce.

Smart Shopper Tip #2:
Rice vinegar can usually be found with vinegars or soy sauce and other ethnic condiments. Choose the unseasoned, plain variety. It has a clean crisp taste that can brighten up foods without added sugar, salt, or fat.

Smart Shopper Tip #3:
Choose white meat ground turkey breast that is ground without skin. Some ground turkey is actually higher in fat than ground beef. When in doubt, check the food label. It should be low in fat, saturated fat, and cholesterol.