



## ME Recipe: Tangy Turkey Burgers

### Ingredients:

- **1 package extra lean ground turkey (about 1 pound)**
- **¼ onion**
- **1 jalapeno pepper**
- **½ cup tomato sauce**
- **4 cloves garlic**
- **2 tbsp. dried cilantro**
- **¼ cup coconut flour**
- **1 egg**
- **¼ tsp cumin**
- **¼ tsp. pepper**

### Directions:

Place onion, pepper and garlic in a food processor or Vitamix with the tomato sauce and puree. Put turkey and remaining ingredients in a large bowl- add the onion mixture and mix well using your hands. Line a baking sheet with foil and create 4 patties with the mixture. Bake at 400 degrees for 30 minutes. Add additional tomato sauce as topping if desired. Enjoy!