

# Bunless Turkey Bean Burgers

Makes 4 servings

Prep/Total Cooking Time: 30 minutes

**Nutrition Information Per Serving:** 1 burger equals 264 calories, 16 g fat (3 g saturated fat), 58 mg cholesterol, 300 mg sodium, 8 g carbohydrate, 4 g fibre, 22 g protein.

## Ingredients

- 1/2 cup shredded zucchini
- 1/2 cup finely chopped sweet red pepper
- 1 teaspoon chili powder
- 1/2 teaspoon onion powder
- 3/4 cup canned black beans, rinsed and drained
- 1/2 teaspoon pepper
- 3/4 pound lean ground turkey
- 1 tablespoon olive oil
- 1 small onion, sliced
- 4 romaine leaves



## Directions

- In a small bowl coarsely mash beans.
- Add the egg white, zucchini, red pepper, chili powder, onion powder, pepper and salt.
- Crumble turkey over mixture and mix well. Shape into four patties.
- In a large skillet, cook burgers in oil over medium heat for 4-5 minutes on each side or until a meat thermometer reads 165° and juices run clear.
- Serve with onions, tomatoes and lettuce.

