

Bell Pepper Veggie Burgers

Estimated preparation and cooking time: 35 minutes

INGREDIENTS

1½ medium red bell peppers
1 tablespoon canola oil
4 eggs
2 cans (15 ounce) low-sodium black beans, drained and rinsed
1⅓ cups Italian bread crumbs
1 cup shredded cheddar cheese
Nonstick cooking spray
Ketchup

PROCEDURE

1. Preheat oven to broil. Spray baking sheet generously with nonstick cooking spray.
2. Wash, destem, and deseed bell peppers. Cut into ¼-inch pieces.
3. Place vegetable oil in skillet. Heat on medium. When oil is hot, add peppers. Sauté until tender.
4. In small bowl, lightly beat eggs with fork or whisk.
5. Place beans in large bowl and mash well with potato masher or large fork.
6. Add peppers, bread crumbs, lightly beaten eggs, and cheese to mashed beans. Stir until evenly combined.
7. Form burger mixture into 10 patties and place on baking sheet. Set in oven 4–6 inches from flame. Broil 5 minutes, flip burgers, and broil 5–6 minutes more. Watch closely to prevent burning.
8. When burgers are done, cool slightly before placing in halved or quartered pita pockets. Serve family-style with low-sodium ketchup and enjoy!
9. (Alternative cooking method: Cook on stovetop on medium-high 4–5 minutes per side, or to internal temperature of 160°F, in skillet coated with vegetable oil.)

Yield: 10 servings

- ✶ These burgers are a healthy vegetarian alternative to ground beef burgers—the beans add fiber and are low in fat.
- ✶ Bell peppers are a good source of vitamins A, C, and B6 and potassium.
- ✶ Red bell peppers are green bell peppers that have been allowed to ripen.
- ✶ Bell peppers are related to hot peppers but contain a recessive gene that lacks spiciness. They are from the same family as eggplant and tomatoes.
- ✶ Paprika is made by grinding dried red bell peppers.

NUTRITION INFORMATION

Serving size: 1 burger

Per serving: 170 calories, 6 g total fat, 2 g saturated fat, 80 mg cholesterol, 22 g carbohydrates, 4 g fiber, 3 g sugars, 10 g protein, and 510 mg sodium

CACFP: Serve with ¼ large or ½ small whole wheat pita bread, ¾ cup fluid milk, and 2 vegetables or 1 fruit and 1 vegetable to total ½ cup.





Turkey Burgers

Estimated preparation and cooking time: 25 minutes

INGREDIENTS

- ½ cup dry bread crumbs
- 6 tablespoons ketchup
- ⅛ teaspoon ground pepper
- 1½ pounds lean ground turkey
- 2 teaspoons canola oil (if frying burgers on the stove)

PROCEDURE

1. In medium bowl, combine all ingredients except vegetable oil. With fork, mix ingredients until blended. Do not overwork, or burgers will be tough.
2. Divide mixture into 10 servings. Wet hands with water and shape each mound into flat circle. Place burgers on plate.
3. If frying burgers on stove, add vegetable oil to frying pan. Set on medium-low. Heat pan with oil 1 minute. Place burgers in pan; cook until bottoms are brown (about 5 minutes), flip over and cook 5–7 minutes to internal temperature of 165°F.
4. If grilling burgers: Grill on oiled rack 5–7 minutes on each side to internal temperature of 165°F.

Yield: 10 servings

NUTRITION INFORMATION

Serving size: 1 burger

Per serving: 140 calories, 7 g total fat, 1½ g saturated fat, 55 mg cholesterol, 6 g carbohydrates, 0 g fiber, 2 g sugars, 13 g protein, and 200 mg sodium

CACFP: Serve on a whole grain roll with ¼ cup Sweet Potato Wedges, ¼ cup fruit, such as melon or peaches, and ¾ cup fluid milk.

- ✧ Ground turkey is a healthy substitute for ground beef. It's low in saturated fat and high in protein.
- ✧ As with any uncooked meat, raw turkey should not be handled by young children. Be sure to wash and sanitize any bowls, plates, and utensils that come in contact with it, and wash hands thoroughly.
- ✧ Benjamin Franklin proposed the turkey, not the bald eagle, as the national bird of the United States. Comparing the eagle to the turkey, Franklin wrote, "The turkey is in comparison a much more respectable bird, and withal a true original native of America."
- ✧ While most domesticated turkeys can't fly, wild ones can fly as fast as 55 mph.
- ✧ Contrary to popular belief, eating turkey doesn't make you sleepy. It's eating a lot of carbohydrates at a big holiday meal that causes drowsiness.