



# Slim Turkey - Black Bean Burgers

**YIELD: 8 SERVINGS (3/4 CUP TURKEY-BLACK BEAN MIXTURE AND 1 BUN PER SERVING)**

## **INGREDIENTS**

- 2 teaspoons olive oil
- 1 ½ pounds ground turkey or ground round
- 1 ½ cups finely chopped onion (about 1 medium onion)
- 1 clove garlic, minced
- 2 (8- ounce) cans no salt added tomato sauce
- 1 (15 ounce) can black beans rinsed and drained
- 1 tablespoon chili powder
- 1 tablespoon cider vinegar
- 1 tablespoon Dijon mustard
- 2 teaspoons Worcestershire sauce
- 2 teaspoons honey
- Pinch of ground red pepper
- 8 reduced calorie wheat hamburger buns

## **DIRECTIONS**

1. Heat oil in large nonstick skillet over medium-high heat. Add turkey and next 3 ingredients; cook 10 minutes or until turkey is done and vegetables are tender, stirring until turkey crumbles.
2. Stir in tomato sauce and next 7 ingredients; simmer uncovered 10 minutes. Spoon turkey mixture evenly onto bottom halves of hamburger buns; top with remaining halves of buns.

# Summer Corn Salad

**Yield: 4 servings**

## INGREDIENTS

- 6 ears corn, husked and cleaned
- 3 large tomatoes, diced
- 1 large onion, diced
- ¼ cup olive oil
- 2 tablespoons white vinegar
- Salt and pepper, to taste

## DIRECTIONS

1. Bring a large pot of lightly salted water to boil. Cook corn in boiling water for 7 to 10 minutes, or until desired tenderness. Drain, cool, and cut kernels off the cob with a sharp knife.
2. In a large bowl, toss together the corn, tomatoes, onion, oil, vinegar, salt and pepper. Chill until serving.



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