

# Turkey Burgers with Roasted Red Pepper & Black Bean Salad

Prep time: 20 minutes

Cook time: 16 minutes

Total: 45 minutes

Servings: 2

## Ingredients:

Two 6 oz turkey burger patties

Pepper jack cheese

1 large red bell pepper

1 medium avocado

1 cup dry quinoa

1 teaspoon kosher salt

¼ teaspoon paprika

2 cups water

1 can black beans drained and rinsed

¼ cup red onion minced

¼ cup chopped cilantro

¼ cup olive oil plus 3 tablespoons

½ cup fresh lemon juice or one medium lemon

1 large clove garlic

1 teaspoon salt

1 teaspoon chili powder

1 teaspoon cumin

Dash of cayenne

1. Rub red pepper with olive oil. Place on baking sheet and roast whole at 380 degrees for approximately 15 minutes. Pepper should be soft, and skin should appear wrinkly. Remove from oven and allow to cool.
2. In small saucepan bring to a boil 1 teaspoon salt, 1 rounded cup of quinoa and scant 2 cups water. Cover and cook on low heat for 18 minutes. When done keep covered and move to cool burner to continue to steam for additional 5 minutes. After 5 minutes fluff quinoa with fork and allow to come to room temperature uncovered.
3. In a small glass mixing bowl combine olive oil, lemon juice, minced garlic, salt, chili powder, cumin, cayenne. Whisk to combine.
4. Using a dry paper towel gently massage the outside of red pepper to pull skin away from red pepper. Remove skin and seeds and pull remaining pepper into 2-inch strips.
5. Heat 2 tablespoons olive oil in cast iron skillet until hot but not smoking. Place turkey burgers in skillet and drizzle with additional 1 tablespoon olive oil. Cook turkey burgers 6-8 minutes each side, flipping once. Internal temperature should read 165 degrees. Add pepper jack cheese and cover briefly to melt cheese.
6. Combine cooled quinoa, chopped onion, black beans, cilantro and dressing in glass mixing bowl. Toss lightly to combine.
7. Serve quinoa topped with red pepper, turkey burger and finished with sliced avocado.

Hacks: use roasted red peppers in can to cut cooking time, use leftover quinoa or cook ahead of time, use pre-molded and seasoned turkey patties