

TURKEY BURGER BOWL

Serves 4

Ingredients

Sweet potato fries

- 2 medium **sweet potatoes**, cut into fry-shaped strips
- 2 teaspoons **olive oil**
- 1/4 teaspoon **salt**

Turkey burger

- 1 pound **ground turkey**
- 1 teaspoon **garlic powder**
- 1 teaspoon **onion powder**
- 1/4 teaspoon **salt**
- 1/4 teaspoon **pepper**
- 2 teaspoons **olive oil**

Dressing

- 2 tablespoons **ketchup**
- 2 tablespoons **Greek yogurt**
- 1 teaspoon **mustard**

Bowl

- 4 cups chopped **romaine lettuce**
- 1 cup **cherry tomatoes**, halved
- 1/2 cup shredded **cheddar cheese**
- **Optional:** sliced avocado, diced onions, pickles, shredded carrots

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Directions

- 1 Prepare the sweet potato fries:** Preheat oven to 425°F. Toss the sweet potatoes with olive oil and salt. Spread them out on a parchment-lined baking pan, and roast for 20 to 25 minutes or until tender and slightly browned.
- 2 Prepare the turkey burgers:** In a large bowl, mix the ground turkey with garlic powder, onion powder, salt and pepper. Form the mixture into 8 mini burger patties (2 per bowl).
- 3 Cook the turkey burgers:** Heat olive oil in a skillet over medium heat. Cook the patties for about 2 to 3 minutes on each side or until cooked through, with an internal temperature of 165°F. Set aside.
- 4 Make the dressing:** In a small bowl, whisk together the ketchup, Greek yogurt and mustard.
- 5 Assemble the bowls:** Divide the lettuce, cherry tomatoes, roasted sweet potato fries and any optional ingredients between 4 bowls.
- 6 Add the patties:** Place 2 mini turkey burgers on top of each bowl, and then sprinkle shredded cheddar cheese over the burgers. Drizzle the dressing on top and serve!

Nutrition Facts*

1 serving, optional ingredients not included

Calories: 530

Protein: 32 grams

Total Carbohydrates: 61 grams

Dietary Fiber: 9 grams

Total Fat: 18 grams

*Nutrition facts are an estimate and vary based on serving size.