



Ingredients

- 11/8 Pounds Ground Turkey
- 4 Potato Buns
- 1 Pound Sweet Potatoes
- 1 Avocado
- 1 Lime
- 1 Red Onion
- 1 Large Bunch Cilantro

Knick Knacks

1/3 Cup Panko Breadcrumbs

1/3 Cup Mayonnaise

1 Tablespoon Mexican Spice Blend

(Garlic Powder, Ancho Chile Powder, Smoked Paprika, Ground Cumin & Whole Mexican Oregano)

Makes 4 Servings

About 700 Calories Per Serving

Prep Time: 15 min | Cook Time: 20 to 30 min





Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Cut the sweet potatoes into ½-inch-thick sticks. Peel and small dice the onion. Halve the buns. Pick the cilantro leaves off the stems; discard the stems. Quarter the lime. Pit, peel and thinly slice the avocado; top with the juice of 2 lime wedges to prevent browning. In a small bowl, combine the mayonnaise and the juice of the remaining lime wedges; season with salt and pepper to taste.

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Roast the sweet potatoes:

Place the **sweet potatoes** on a sheet pan. Drizzle with olive oil and season with salt, pepper and ½ **of the spice blend**; toss to thoroughly coat. Arrange in a single, even layer and roast 18 to 20 minutes, or until browned and tender when pierced with a fork. Remove from the oven and set aside in a warm place.



Cook the onion & form the burgers:

While the sweet potatoes roast, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **onion** and **remaining spice blend**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened. Transfer to a large bowl and add the **ground turkey** and **breadcrumbs**; season with salt and pepper. Gently mix to combine. Using your hands, form the mixture into four ½-inch-thick burgers. Wipe out the pan.



Cook the burgers:

While the sweet potatoes continue to roast, in the pan used to cook the onion, heat 1 tablespoon of olive oil on medium-high until hot. Add the **burgers** and cook 4 to 6 minutes per side, or until browned and cooked through. Transfer to a plate, leaving any browned bits (or fond) in the pan, and set aside in a warm place.



Toast the buns:

Heat the pan of reserved fond on medium until hot. (If the pan seems dry, add 1 teaspoon of olive oil.) Working in batches, add the **buns**, cut sides down. Toast 1 to 2 minutes, or until golden brown. Remove from heat and transfer to a plate.



Assemble the burgers & serve your dish:

Spread a thin layer of the **lime mayonnaise** onto the cut sides of the **toasted buns**. Top the bun bottoms with the **cooked burgers**, **avocado** and as much of the **cilantro** as you'd like. Complete the burgers with the bun tops. Divide between 4 plates. Serve with the **roasted sweet potatoes** on the side. Enjoy!