

Mexican-Style Turkey Burger

with Warm Corn & Tomato Salad

This dish is inspired by the fresh flavors and unique spices of traditional Mexican cuisine. You'll season turkey burgers with a custom blend ground ancho and chipotle chilies, cumin and garlic. And to top it all off, you'll serve the burgers with creamy avocado and cotija cheese. Cotija is a cow's milk cheese from Michoacán. Crumbly and mild with a pleasantly salted flavor, it adds richness to the dish, playing off the fresh sweetness of the corn and tomato salad.



Ingredients

- 3 Scallions
- 2 Ears of Corn
- 2 Ounces Cotija Cheese
- 1 Avocado
- 1 Large Bunch Cilantro
- 1 Lime
- 1 Tomato
- 10 Ounces Ground Turkey
- 1 Teaspoon Mexican Spice Blend
- ¼ Cup Panko Breadcrumbs
- 2 Potato Rolls

Makes 2 Servings
About 700 Calories Per Serving



Instructions

1



Prepare the ingredients:

Wash and dry the fresh produce. Cut off and discard the roots of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Remove and discard the husks and silk of the corn. Cut the kernels off the cobs; discard the cobs. Crumble the cheese. Using a peeler, remove the rind of the lime, avoiding the pith; mince the rind to get 2 teaspoons of zest. Quarter the lime. Pit, peel and thinly slice the avocado; top with **the juice of 2 lime wedges** to prevent browning. Roughly chop the cilantro leaves and stems. Cut the tomato in half; slice one half into rounds; medium dice the other.

2



Cook the corn:

In large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **corn** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until lightly browned and fragrant. Transfer to a medium bowl and set aside as you continue cooking. Wipe out the pan.

3



Make & cook burgers:

In a medium bowl, combine the **ground turkey, breadcrumbs, lime zest, half the cilantro, and all but a pinch of the Mexican spice blend**. Drizzle with olive oil, season with salt and pepper and stir to incorporate. Form the mixture into two ¾-inch-thick patties. In the same pan used to cook the vegetables, heat 2 teaspoons of olive oil on medium until hot. Add the **patties** and cook, loosely covering the pan with aluminum foil, 3 to 5 minutes per side, or until cooked through. Transfer to a plate. Wipe out the pan.

4



Make the salad:

While the burgers cook, add the **diced tomato, remaining cilantro, half the green tops of the scallions and the juice of the remaining lime wedges** to the bowl of **cooked corn and white bottoms of the scallions**. Drizzle with olive oil and season with salt and pepper to taste; toss to thoroughly combine.

5



Toast the buns:

With your knife parallel to the cutting board, cut the **potato rolls** in half horizontally. In the same pan used to cook the burgers, heat 2 teaspoons of olive oil on medium until hot. Add the **potato buns**, cut side down, and toast 1 to 2 minutes, or until lightly browned. Transfer the toasted buns to a clean work surface.

6



Plate your dish:

Place a **cooked burger patty** onto the bun bottoms. Top each with **half the avocado and tomato slices**. Season the avocado and tomatoes with salt and pepper. Sprinkle the **cotija cheese** on top and garnish with the **remaining spice blend**. Divide the burgers and corn salad between 2 plates. Garnish the salad with the **remaining green tops of the scallions**. Enjoy!