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CAJUN TURKEY BURGER WRAPS

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Ground turkey generally comes in two ways, either as a combination of white and dark meat or all white breast meat. Either is a lower-fat choice for burgers than beef or other red meats. Mildly-flavored turkey is a great foil for spicy Cajun seasoning and makes these burgers extra enticing. This turkey mixture makes great meatballs, too. For a future planned over meal, double the burger mixture and use half to make 1-inch meatballs. Freeze in a single layer on a tray; transfer to a plastic freezer bag. To cook, bake frozen meatballs in a 350°F oven or simmer on the stovetop in a spicy tomato sauce. Serve over hot cooked pasta.

Makes 4 Servings

Prep Time: 20 minutes

Cook Time: 10 minutes

Salsa

12 cherry tomatoes, coarsely chopped

1/2 cup whole kernel corn

1/4 cup chopped ripe olives

2 tablespoons finely chopped green onion

2 tablespoons lime juice

1 tablespoon chopped fresh cilantro

2 teaspoons olive oil

Kosher or coarse sea salt and freshly ground pepper to taste

Burgers

1 egg, slightly beaten

1 tablespoon Cajun seasoning

1/2 teaspoon kosher or coarse sea salt

1 pound lean ground turkey

1/4 cup unseasoned dry bread crumbs

4 (10-inch) whole-wheat tortillas or chapatis, warmed

1. Mix all salsa ingredients in medium bowl; cover and refrigerate until ready to serve.
2. Mix egg, seasoning and salt in medium bowl. Add ground turkey and breadcrumbs; mix well. Shape into four 3/4-inch-thick patties.
3. Heat grill to medium-high heat (or large skillet over medium-high heat). Grill or saute in 1 tablespoon olive oil for about 10 minutes, turning once (until thermometer reads 165° F in center).
4. Serve burgers wrapped in tortillas with salsa.

On the side...

- [Fresh Pineapple Wedges...](#)

