

## Southwest Turkey Burgers

- 1 tbsp. Vegetable Oil
- 1/2 small red onion, chopped fine
- 3/4 cup frozen corn with red peppers, thawed
- 1/2 tsp. Southwest Chipotle Seasoning
- 1 lb. ground turkey
- 4 whole wheat buns

Combine onion, corn, Seasoning Blend and turkey in an 8 3/4 cup/2.1 L Wonderlier Bowl (or Thatsa Bowl), mix and form 4 burgers using the Burger Press. Coat grill rack with oil and adjust temperature to medium. Place burgers on hot rack for approximately 5 minutes on each side, or until internal temperature reaches 165 degrees F/74 degrees C. Serve on a whole wheat bun.



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