



## Fiesta Sliders

Yield: 5 servings

### Ingredients:

- 1 ½ pounds lean ground turkey
- ¼ cup onion, chopped
- 2 tablespoon red bell pepper, finely chopped
- ¼ cup picante sauce or salsa
- 2 teaspoon Dijon mustard
- 1 tablespoon prepared horseradish (optional)
- Salt and pepper, to taste

### Directions:

1. In a bowl, mix ground turkey, onion, red pepper, picante sauce or salsa, mustard horseradish (if desired) and salt and pepper.
2. Form into 10 (2 – 3 oz each) burgers, about ¾-inch thick.
3. Cook over medium-high heat for 5 – 7 minutes per side or until internal temperature reaches 160°F.
4. Wash hands with soap and warm water for 20 seconds before handling the meat.

### Nutrition information:

Serving size: 2 slider

Calories: 204

Fat: 4g

Sodium: 500mg

Carbohydrates: 2g

Sugar 0g

Fiber: 0g

Protein: 40g