

Low-Point Black Bean Turkey Burgers

Ingredients:

- 20 oz. lean ground turkey
- 3/4 cup black beans, rinsed and drained
- 1 egg, beaten
- 1/2 scallion, diced
- 1/2 tsp. cumin
- 1/2 tsp. salt
- 1 tsp. chili powder
- Pam cooking spray

Mash black beans with a fork and incorporate with beaten egg. Add scallions, cumin, salt, and chili powder and combine. Fold in ground turkey and mix until combined, but do not over mix. Form 6 patties. Preheat broiler. Spray baking sheet with cooking spray. Set patties on baking sheet and cook for 7 minutes on each side (or until cooked through).

Total servings - 6

Serving size - 1

Points per serving - 4

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)