



# Roasted Pepper Chia Burgers

These burgers are great grilled outdoors or inside. The roasted red peppers are very mild, almost tomato-like, so don't be afraid to add nice strips. The cilantro vinegarette on top, and pepper inside the burger gives it the spicy zip to make it memorable. Isn't it fun to try something new? This recipe makes 2 burgers.

## Ingredients

1/2 lb ground turkey  
1/2 tbsp chili powder  
1/8 tsp cumin  
2 tsp dry MySeeds chia

## Topping Ingredients

1/4 cup cilantro - snipped  
1 clove garlic - minced  
1 tbsp red wine vinegar  
1/4 tsp black pepper  
1/4 tsp salt  
1 pinch cayenne pepper  
4 roasted red sweet pepper strips

To make these easy burgers, combine the two seasonings, chia seeds and ground turkey in a bowl. Once thoroughly combined, grill until well done. For the topping, snip the fresh cilantro, mince the garlic and combine with the spices and vinegar in a measuring cup. Once mixed, allow to soak while the burgers are grilling.

Roasted red sweet peppers should be cut into strips to top the burger. If there is any excess vinegar after soaking, pour it off. Place the pepper strips and cilantro mixture on top of the burgers and you're ready to serve.

# Greek Chia Burgers

Looking for something different? Try this "Greek Burger". It uses turkey instead of the traditional lamb (which can be fatty) but packs lots of the traditional Greek flavor with great seasonings. Hot and cool mix together in this burger and its yogurt topping. It's easy to make and looks great on the plate with bright colors. This recipe makes 2 burgers.



## Ingredients

1/2 lb ground turkey  
1 garlic clove - minced  
1/4 package dried onion soup mix  
1 tbsp olive oil  
1/4 tsp cayenne pepper  
1/8 tsp thyme  
2 tsp parsley  
1/2 tsp oregano  
2 tsp dry MySeeds chia seeds

## Topping:

1/4 cup low-fat plain yogurt  
1/4 cup cucumber - chopped  
1/2 tsp garlic salt  
1 dash cayenne pepper  
sliced cucumber  
sliced tomato

In a large bowl, mix together the ground turkey, chia seeds and all seasonings until thoroughly combined. Now you can grill the meat on a countertop or outdoor grill until well done. For the Greek topping, mix the seasonings into the yogurt (you can also use non-fat sour cream) and then add the chopped cucumber. Stir to coat, and you're ready to top the burgers. The burger is shown here with a slice of tomato, and 2 thin slices of cucumber. This is a super alternative to a greasy cheese burger!