



# Roasted Red 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



First, prepare the topping, since it needs to marinate to combine the flavors. For the topping, snip the fresh cilantro, mince the garlic and combine with the spices and vinegar in a small cup. Once mixed, allow to soak while the burgers are grilling/being prepared.

To make these easy burgers, combine the two seasonings, chia seeds and ground turkey in a bowl. Once thoroughly combined, grill until well done.

Roasted red sweet peppers should be cut into strips to top the burger. If there is any excess vinegar after soaking the cilantro, pour it off. Place the pepper strips and cilantro mixture on top of the burgers and you're ready to serve. (Only top the burgers right before serving as the mixture can soak into the bun otherwise)

These burgers are a real wake-up call for the grill indoors or out. They're not covered in cheese, mayo or any greasy toppings...instead they're fresh and spicy.

## A word about cilantro...

Do you think cilantro tastes like soap? If you do, you can blame a gene. Just one gene controls the taste receptors for cilantro. If you don't have all of them, you'll think it tastes like chemicals or soap and your opinion won't ever change. If you like it, it should taste fresh and herbal.