

Tex-Mex Veggie Burgers

Recipe of the Month – September 2012



Mid-day combo. To complete the meal, serve Tex-Mex burgers with a hearty salad with low-fat dressing.

Prep Time: 25 Min

Start to Finish: 25 Min

Makes: 2 servings

INGREDIENTS

1/2 cup Frozen whole kernel corn
1/4 cup finely chopped red bell pepper
1 tablespoon cider vinegar
1/4 teaspoon chili powder
1/8 teaspoon ground cumin
2 frozen soy-protein vegetable burgers
2 whole wheat pita breads (6 inch), cut in half to form pockets
2 tablespoons reduced-fat sour cream

DIRECTIONS

1. Heat gas or charcoal grill. In 1-quart saucepan, mix corn, bell pepper, vinegar, chili powder and cumin. Heat to boiling. Reduce heat to medium-low; cook about 5 minutes or until vegetables are crisp-tender.
2. Place burgers on grill over medium heat. Cover grill; cook 8 to 12 minutes, turning once, until thoroughly heated.
3. Cut burgers in half. Place each burger half in pita bread pocket. Top with corn mixture and sour cream.

Recipe Provides: Grains 2oz-equivalents, Meat & Beans 3oz-equivalents, Vegetables 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	340	Calories from Fat:	70
Total Fat:	8 g	Saturated Fat:	2 ½ g	Cholesterol:	10 mg
Sodium:	700 mg	Total Carbohydrate:	50 g	Dietary Fiber:	9 g
Sugars:	8 g	Protein:	18 g		



This recipe was adapted from WWW.eatbetterearly.com