



South Side Community Coalition



Turkey and Bean Burgers

COOK TIME: 25 MINS
TOTAL TIME: 30 MINS
SERVINGS: 6

1. In a bowl, mix all ingredients, except the buns, together.
2. Form mixture into six burger patties.
3. Cook in heated, oiled pan for 8-12 minutes on each side, or until fully cooked to an internal temperature of 165°F.
4. Serve on whole wheat buns and top with lettuce. Option to make a bunless burger by wrapping the patties in lettuce.

Ingredients:

- 1 lb ground turkey
- 1/2 bag corn, frozen, thawed and drained
- 1 can black beans
- 1 egg
- salt and pepper to taste
- 1/2 tablespoon chili powder
- 1/4 cup whole wheat bread crumbs
- 1 head romaine lettuce
- 6 whole wheat buns



Strawberry Yogurt Clusters

COOK TIME: 0 MINS
TOTAL TIME: 10 MINS

Ingredients:

- 5 strawberries, large
- 1/2 cup nonfat plain yogurt
- 1 cup honey nut cereal

1. Put yogurt and cereal in separate small bowls.
2. Dip the strawberries in the yogurt once or twice until they have a strong coating.
3. Roll in cereal.
4. Freeze if you want!

Southwestern Lentils

COOK TIME: 60 MINS
TOTAL TIME: 80 MINS
SERVINGS: 6

1. In a small pot, combine the lentils and 1 and 1/4 C water. Bring to a boil over high heat. Reduce the heat to low and cook uncovered until tender, about 30 minutes.
2. Heat olive oil in a medium skillet. Add diced onions and garlic. Cook for 3-5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Reduce heat to low and cook for 2 minutes.
3. Add onion/ garlic mixture to cooked lentils. Add 1/4 C plus 2 T water. Stir in tomatoes and salt. Bring to a boil over high heat. Reduce heat to low and simmer uncovered, for 20 minutes.
4. Just before serving stir in cilantro. Serve hot.



Ingredients:

- 1/2 cup dry lentils, green or brown
- 1/2 tsp chili powder
- 1 tsp olive oil
- 1 + 1/2 cups water
- 1 onion, diced
- salt to taste
- 1 clove garlic, minced
- 1 tsp cumin
- 1 cup diced tomato, fresh or canned
- 2 tbs cilantro, chopped