

Southwest Turkey Burgers with Mexican Corn Relish

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-corn-relish>

Ingredients:

- 1 pound ground turkey
- 1/2 cup diced green chiles
- 1 teaspoon onion powder
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1 tablespoon lime juice
- salt
- pepper
- 1/2 cup shredded pepper jack cheese optional
- 1 cup cider vinegar
- 1/3 cup sugar
- 1 tablespoon mustard
- 1 teaspoon turmeric
- 1 tablespoon salt
- 6 ears corn Wellsley Farms, cooked and cut off the cob
- 1 green pepper Wellsley Farms, diced
- 1/2 red onion diced
- 1/8 teaspoon crushed red pepper

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 100 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 5 grams

8. Sodium: 2270 milligrams
 9. Sugar: 18 grams
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