

Southwest Turkey Burger with Fresh Corn Salsa

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/turkey-patty-recipe-ideas-italian-seasoning>

Ingredients:

- 1 package turkey burger patties Jennie-O Seasoned
- 4 slices cheese your choice, I prefer aged white cheddar or sharp cheddar
- 10 cherry tomatoes
- 1 ear of corn cooked and then cut off the cob
- 1 jalapeno seeded and diced
- 2 green onions chopped, use whites and greens
- 2 tablespoons cilantro
- 2 limes to taste
- salt
- pepper

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 30 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 6 grams
8. Sodium: 370 milligrams
9. Sugar: 3 grams

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