



TURKEY MANCHEGO BURGERS

- 2 lbs fresh ground dark turkey
 - 3 strips bacon
 - 1/2 c dried prunes
 - 1/4 c panko bread crumbs (soaked in 1/4 cup milk)
 - 2 tbsp of Dijon mustard
 - 1/2 tsp salt
 - 1/2 tsp of fresh pepper
 - 1/2 red bell pepper, diced
 - 3 scallions, green parts chopped
 - 5 oz young Manchego cheese, diced
-
- 2 Roma tomatoes, sliced
 - 1 avocado, sliced

Directions

Preheat grill to medium-high heat. Oil grates to minimize sticking.

Combine prunes and bacon in a food processor and puree. In a mixing bowl, combine turkey, bacon puree, soaked bread crumbs, Dijon mustard, seasonings, pepper, onion and Manchego. Mix well and divide into 8 balls. Flatten into patties and place a small depression in each patty. Cook on a grill or grill pan until the internal temperature reads 165°F. Top with tomato and avocado and serve.

Serves eight

QUINOA WITH BLACK BEANS

- 1 tbsp vegetable oil
- 1 white onion, diced
- 1 small red bell pepper, diced
- 1 poblano pepper, diced
- 1 Anaheim pepper, diced
- 1 c quinoa, rinsed, drained
- 1-1/2 tbsp chili powder
- 1 tbsp cumin, toasted and ground
- 1/2 tsp salt
- 2 c water
- 2 limes
- 2 c black beans, rinsed, drained
- 3 Roma tomatoes, diced
- 1/2 c chopped fresh cilantro, divided
- 3/4 c Cotija cheese, crumbled

Directions

Heat oil in heavy large sauté pan over medium-high heat. Add onions and peppers; sauté until beginning to soften, about 5 minutes. Stir in quinoa, spices and salt and cook for 1 minute. Add water and juice of limes; bring to boil. Cover, reduce heat to medium-low and simmer until quinoa is almost tender, about 12 minutes. Add beans, tomato and 1/4 c cilantro; cook uncovered until beans are warmed through and liquid is fully absorbed or about 5 minutes more. Transfer to bowl; sprinkle with 1/4 c cilantro, more lime and cheese.

Serves eight

CLASSIC HUMMUS

4 – 6 c fresh cut vegetables like cucumber, bell pepper strips, carrots, celery, squash, etc.

2 whole grain pitas, cut into wedges and warmed

2 c cooked chickpeas or garbanzo beans, rinsed

3 tbsp water

2 tbsp olive oil

1 lemon, juiced

3 tbsp tahini

1/4 tsp cayenne pepper

2 cloves garlic, minced

1/2 tsp salt

2 tbsp flat leaf parsley, minced

Directions

Add chickpeas in blender or food processor and grind to a fine meal consistency. Add remaining ingredients except parsley and blend for 3 – 5 minutes on low until thoroughly mixed and smooth. Taste for seasoning and adjust to taste.

Place in serving bowl, top with parsley and serve with vegetables and pita.

Serves four to six



**BlueCross
BlueShield**
Minnesota

SIMPLE TRAIL MIX

1/2 c of almonds

1/2 c of cashews

1 c dried cranberries

1/2 c of toasted pepitas

1/2 c of sunflower seeds

1 c of bittersweet chocolate chips (not milk or semi-sweet)

Directions

Mix together and place in a big glass jar with a lid and a scoop. Set jar on your kitchen counter with zip-able plastic bags close by.

Makes four cups

CHIPOTLE LIME POPCORN

2-1/2 tbsp lime juice
1/2 tsp kosher salt
2 tbsp chipotle powder
3-1/2 tbsp olive oil
3/4 c yellow popcorn, raw

Directions

Mix together seasoning and have ready before popping the corn.

Place a pot over medium heat. Pot should be large enough for the popcorn to fit loosely in a single layer and tall enough to accommodate the popped corn-have a lid ready.

When pot is hot add the popcorn and stir constantly to prevent burning. Do not leave unattended. Corn will begin to pop in about 3 minutes. Once it begins popping, place a lid to prevent popped corn from jumping out. Shake the pan occasionally during the process and do not remove from heat until all kernels are popped.

Slowly drizzle in seasoning while stirring. Serve at room temperature.

Serves six