

Spiced Indian Burgers with Cumin Yogurt Sauce

By Elissa Lorenzen



Serves 4

1 lb ground turkey or chicken meat
2 Tb fresh chopped ginger
2 Tb fresh lemon juice
1 Tb paprika
2 tsp ground cumin
½ tsp ground coriander
salt and pepper to taste

Preheat oven to 450. Place all ingredients into a bowl and mix well. Form into 4 patties. Place on a slightly greased baking sheet and cook 18-20 minutes until a thermometer reads 165 degrees. Or grease grill and cook over medium high heat 5 minutes per side. Serve with Cumin Yogurt sauce.

Cumin Yogurt Sauce

Makes 1 cup

1 cup plain yogurt
1 Tb cumin
1½ cup chopped cucumber
1 Tb lemon juice
salt to taste

Mix ingredients in a bowl and serve with vegetables or Indian Spiced Burgers.

Free range, organic chicken or turkey provides the body with a healthy protein source. Cumin and coriander and ginger aid with digestion and are anti-inflammatory. Paprika is high in vitamin C and improves circulation. Organic, plain yogurt is full of probiotics to help balance gut flora which benefits our whole system. Here at Total Fitness we would recommend eating some burger AND vegetables to make a balanced meal.