

Burgers with Sweet Potato Fries

Served with oven-roasted spiced sweet potato fries and garlic mayonnaise, these aren't your run-of-the-mill burgers. And since making them is such a breeze, they're certain to become a favourite with your family.

Prep Time: 15 Minutes

Cooking Time: 27 Minutes

Makes 4 servings.



3 8oz	sweet potatoes	3
	Nonstick cooking spray	
1-3/4 tsp	kosher salt, divided	8 ml
1/2 tsp	ground cumin	2.5 ml
1/4 tsp	cayenne, divided	1 ml
1 lb	extra lean ground beef	0.45 kg
4 oz	lean ground skinless turkey breast	112 g
1/4 cup	finely chopped red onion	60 ml
1/4 tsp	ground black pepper	1 ml

1	garlic clove	1
1/2 cup	reduced fat mayonnaise	125 ml
1/2 tsp	fresh lemon juice	2.5 ml

Directions

- 1 Preheat the oven to 425°. Line a large baking sheet with parchment paper.
- 2 Cut each sweet potato lengthwise into 8 wedges, then cut crosswise in half. Spray the potatoes lightly with nonstick cooking spray. In a small mixing bowl, combine 1 tsp of the salt, the cumin and 1/8 tsp of the cayenne and sprinkle over the potatoes. Arrange the potatoes, cut side down, on the baking sheet. Roast until browned and tender, 20 to 25 minutes.
- 3 Meanwhile, in a large mixing bowl, lightly mix together the beef, turkey, onion, ground pepper and 1/2 tsp salt. Shape the mixture into 4 1-inch-thick patties.
- 4 Spray a grill pan or heavy skillet with nonstick cooking spray and warm over medium-high heat until almost smoking. Cook the patties until browned, about 5 minutes. Turn and cook until browned and cooked through, about 5 minutes more.
- 5 Meanwhile, mash the garlic with the remaining 1/4 tsp salt with a mortar and

pestle or with a chef's knife until it becomes a paste. Stir into the mayonnaise along with the remaining 1/3 tsp cayenne and the lemon juice.

- 6 To serve, put each burger on a plate and place 2 tablespoons of the mayo next to each burger. Place the sweet potatoes on the plates, dividing them evenly.

K-Count: 4

Calories: 393

Carbs: 40.2g

Proteins: 34.7g

Fats: 10.3g

Recipe courtesy of Kinetix