

delicious dish

**Take it Down Tuesday - Healthy Burgers and Rosti
Grocery, Tool List and Prep list**

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
turkey and white bean smash burgers	Garlic 1 red bell pepper Egg 1 green onions ½ lb. ground turkey (you can use minced chicken as well)	Non-stick oil spray 1 can small white beans (navy or cannellini) Olive oil Quinoa flakes or breadcrumbs Worcestershire sauce	Large non stick fry pan	Drain and rinse beans
chili spiked sweet potato and scallion rösti	2 sweet potatoes 1-2 green onion Eggs	Chili powder Maple syrup Avocado oil spray	Baking sheet parchment paper Large mixing bowl Box grater or food processor Paper towel	Peel sweet potatoes
super creamy spicy chipotle avocado crema	1 avocado 1 lime Low fat greek yoghurt 1 green onion Fresh garlic, minced	Extra virgin olive oil Chipotle powder	Blender	Have all ingredients ready