

# BBQ Spiced Chicken, Black Bean, Sweet Potato Blended Burger, Blueberry Pineapple Salsa, Whole Wheat Bun FIT

**Serving size: 1 sandwich**

**Makes 9 servings**

## **Burger Patties:**

- 1 ¼ cups Black Beans
- ½ lb Sweet Potatoes, peeled, shredded
- 1 lb Ground Chicken
- 1 ½ tsp Chili Powder
- 2 tsp Paprika, ground
- ½ tsp Cayenne Pepper
- 1 TBSP Light Brown Sugar
- ½ tsp Salt
- 1/8 tsp Black Pepper
- Cooking Spray, as needed

## **Blueberry Pineapple Salsa:**

- 1 cup Blueberries
- ½ cup Pineapple, diced
- 1 ½ TBSP Jalapeno Peppers, minced
- 2 TBSP Cilantro, chopped
- ¼ cup Red Onions, finely diced
- ½ tsp Salt
- 2 ¼ tsp Lime Juice

9 Whole Wheat Hamburger Buns

## **Preparation:**

1. Mash half of the black beans in a bowl or food processor. Add mashed and whole beans to a bowl with shredded sweet potatoes, ground chicken, chili powder, paprika, cayenne, brown sugar, salt and pepper. Combine well and form into 4 oz portion patties.
2. Prepare sauté pan with cooking spray and sear patties until an internal temperature of 165°F is reached. Remove from heat and set aside.
3. For the blueberry pineapple salsa, combine blueberries, pineapple, jalapeno, cilantro, red onions, salt, and lime juice in a bowl. Toss to mix and set aside.
4. Assemble burgers on a whole wheat bun and top each burger with ¼ cup of blueberry pineapple salsa.



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## **NUTRITION FACTS PER SERVING**

<b>calories</b>	320
<b>total fat (g)</b>	7
saturated fat (g)	1
trans fat (g)	0
<b>sodium (mg)</b>	480
<b>total carbohydrate (g)</b>	46
dietary fiber (g)	7
sugar (g)	6
<b>protein (g)</b>	19