

Quinoa Cheddar Sliders **FIT**

Portion Size: 2 each Yield: 6 servings



Cannellini Beans, dry	9 oz	Black Pepper	¾ tsp
Red Quinoa, dry	3 ¾ oz	Cheddar Cheese, shredded	¾ cup
Water	1 ¾ cup	Chives, chopped	1 TBSP
Panko Breadcrumbs	¼ cup	Lime Juice	1 ½ tsp
Egg	1 each	Cooking Spray	as needed
Garlic, minced	1 ½ tsp	Slider Bun	12 each
Chipotle Powder	1 tsp	Romaine Lettuce	12 leaves
Salt	¼ tsp	Tomato	12 slices

1. Cook cannellini beans in boiling water until very soft. Puree in a food processor until beans have a mealy texture. Set aside. NOTE: Canned beans can be used in place of dried; look for 'low sodium' or 'no salt added' varieties.
2. In a pot, combine quinoa and water. Bring water to a boil and reduce to a simmer. Cover pot and cook until quinoa is tender and water is absorbed. Chill and reserve.
3. In a bowl, combine cooked quinoa, cannellini puree, breadcrumbs, egg, garlic, chipotle powder, salt, pepper, cheddar cheese, chives, and lime juice. Portion mixture into 2 oz patties. Refrigerate or freeze patties to firm.
4. Heat a sauté pan over medium heat. Spray with cooking spray. Cook burgers to desired doneness. Serve each burger on a slider bun with lettuce and tomato.

Nutrition Info (2 sliders): Cal: 410, Total Fat: 10g, Sat Fat: 4g, Sodium: 570mg, Carbs: 62g, Protein: 19g, Sugar: 7g, Fiber: 6g

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Lemon Herb Feta Chicken Sliders **FIT**

Portion Size: 2 each Yield: 5 servings



Black Pepper	½ tsp
Kosher Salt	¼ tsp
Lemon Zest, grated	2 tsp
Basil, chopped	3 TBSP
Feta Cheese, crumbled	¼ cup
Lemon Juice	1 ½ tsp
Ground Chicken	1 lb
Oregano, chopped	3 TBSP
Cooking Spray	as needed
Slider Bun	10 each

1. In a bowl, combine black pepper, salt, lemon zest, basil, feta, lemon juice, chicken, and oregano. Mix until evenly distributed. Hand form 2 oz patties and refrigerate until ready for use.
2. Spray grill or griddle with non-stick cooking spray and cook burgers to an internal temperature of 165° F. Place each slider on a slider bun.

Nutrition Info (2 sliders) : Cal: 350, Total Fat: 12g, Sat Fat: 4g, Sodium: 560mg, Carbs: 36g, Protein: 24g, Sugar: 6g, Fiber: 2g

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