

FULTON FRESH KITCHEN SCIENCE

Turkey Burgers

A quick and easy dinner the entire family will enjoy!

SAFETY FIRST!

Youth should always have parent supervision when preparing recipes. Make sure to wash your hands with warm soap and water for at least 20 seconds before preparing food or cooking..

INGREDIENTS

- 19 oz. pkg ground turkey
- 4 oz. can diced green chiles, drained
- 2-3 green onions, sliced
- 2 oz pepper jack cheese, shredded
- 1/2 tsp ground cumin
- 1/4 tsp salt
- 1/4 tsp garlic powder
- 5 hamburger buns
- 1 large tomato (optional)
- 1 large avocado (optional)



COOKING EQUIPMENT

- Large Bowl
- Measuring Cups
- Ruler
- Large Plate
- Can opener
- 12-inch nonstick skillet
- Spatula
- Instant read thermometer

INSTRUCTIONS

1. Place the ground turkey, green chiles (drained), sliced green onions, shredded pepper jack, cumin, garlic powder, and salt in a large bowl.
2. Mix the ingredients until well combined. The mixture will be fairly wet. Divide and shape the mixture into five lightly packed balls. Gently flatten each ball into a patty that measures about 4 inches across. Place on large plate. Wash your hands.
3. Cook the burgers in a skillet, on a grill, or using an indoor grill like a George Foreman, until they are cooked through (internal temperature of 165°F) and well browned on the outside. Cooking time will depend on the method, size, and thickness of your patties, about 4-5 minutes on each side.
4. Serve each patty on a bun with a slice of tomato, a couple slices of avocado, or any other toppings of your choice.

SERVING SIZE

This recipe makes five servings. Enjoy!

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Turkey Burgers

What does a one-legged turkey say? Wobble wobble!

SUBSTITUTIONS

This recipe can easily be customized using the meat of your choice. Feel free to substitute chicken, beef, or bison. You can also add onions, bell pepper, or breadcrumbs. Top with the usual favorites of tomatoes, onions, lettuce or avocados .

DID YOU KNOW?

- Turkeys can run at speeds of up to 25 miles per hour and fly as fast as 55 miles per hour.
- When buying ground meat, it is best to buy at least 90% lean to reduce the amount of saturated fat.
- Turkey Burgers can be delicious if they aren't too dry. The cheese and green chilies add moisture and flavor in this recipe. Breadcrumbs can be added to help hold the patties together.

HEALTHY HABITS

To add more fiber to this recipe, considering selecting whole wheat or multi-grain hamburger buns! Fiber is great for gut and heart health.

GET MOVING!

Did you know that youth should participate in muscle strengthening exercises at least 3 days a week? Next time you go for a walk or are hanging out at home, grab a can of beans and safely start lifting!

Share a picture of your finished recipe with us on social media with the hashtag #localfoodmadefun.

This recipe is adapted from Budget Bytes

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FULTON FRESH KITCHEN SCIENCE

Sweet Potato Fries

A heart healthy alternative to french fries

SAFETY FIRST!

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INGREDIENTS

- 2 pounds sweet potatoes (4 medium)
- 2 tablespoons olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp black pepper
- 1 tsp salt
- 1/8 tsp cayenne (optional)



COOKING EQUIPMENT

- 1 large baking sheet
- 1 large bowl
- 1 cutting board
- measuring spoons
- parchment paper (optional)
- 1 chef knife

INSTRUCTIONS

1. Heat the oven to 425.
2. Scrub and rinse sweet potatoes. Pat dry with paper towel. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out on 2 rimmed baking sheets lined with parchment paper.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes. Serve hot.

SERVING SIZE

This recipe makes 4-6 servings, 8-10 fries per serving.

FULTON FRESH KITCHEN SCIENCE

Sweet Potato Fries

What did the Sweet Potato say to the Potato? "I think, therefore I yam!"

SUBSTITUTIONS

- This recipe can be used for regular potatoes as well.
- Feel free to try other herbs and spices such as rosemary, thyme, cumin, or chili powder.
- The potatoes can also be cut into cubes

DID YOU KNOW?

- Believe it or not, sweet potatoes are native to the tropical Americas and were first cultivated there at least 5,000 years ago.
- Did you know sweet potatoes come in more colors than just orange? The flesh (the part that is not the skin) of a sweet potato will depend upon its variety. They can come in white, yellow orange, red and even purple.

HEALTHY HABITS

A healthy eating style coloring our plates with dark-green, red and orange vegetables, starchy vegetables, beans and peas, and other vegetables. How many vegetable groups have you had this week?

GET MOVING!

A medium-size sweet potato contains about 160 calories. That's about the same amount of calories you burn while walking for 30 minutes. Lace up your shoes and enjoy the outdoors!

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