

Bell PEPPER BURGER

Noelle is a dietitian and mom of three boys. She has a passion for educating, inspiring, and supporting others to make the healthiest choices possible with the resources available. Noelle has a blog (motherhoodandmeals.com) where she shares recipes, nutrition tips, and snapshots of her journey through motherhood.

Noelle also has a private practice (www.nourishedbeginnings.ca) and teaches courses at a Brescia University College in Ontario, Canada.



Nutrition Facts

servings per container
Serving size (214g)

Amount per serving
Calories 240

% Daily Value*

Total Fat 7g 9%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 110mg 37%

Sodium 190mg 8%

Total Carbohydrate 10g 4%

Dietary Fiber 1g 4%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 34g

Vitamin D 0mcg 0%

Calcium 17mg 2%

Iron 3mg 15%

Potassium 73mg 2%

*The % Daily Value tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.



Prep time: 10 Minutes
Cook time: 20-25 Minutes
Serves: 5-6 Burgers

INGREDIENTS:

- 2 pounds extra lean ground beef, chicken, or turkey
- ½ cup oats
- ½ cup NatureFresh™ Farms Bell Peppers, any color, finely diced
- ½ cup red onions, finely diced
- 1 stalk of celery, diced
- 2-3 tbsp. barbecue sauce
- 1 egg

NUTRITION NOTE:

Burgers are an excellent source of iron and vitamin B12. When choosing a ground beef, watch for extra lean to limit your intake of saturated fat. Also remember to cook burgers all the way through to an internal temperature of 160 degrees F to avoid risk of food poisoning from e. coli.

STEPS:

- Wash Bell Peppers before cooking.
- Mix all ingredients together in a bowl.
- Shape ingredients into burger patties.
- Set barbecue temperature to medium heat.
- Put burger patties on the barbecue until they reach an internal temperature of 160 degrees F. You can place the burger patties on foil with a non-stick spray or directly on the grill.
- Serve with your choice of bun and sides.



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