

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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