

## CardioKrock Turkey Burgers With Edamame Humus

Makes 4 portions

For the burgers;

1 lb ground turkey  
½ cup finely sliced green onions  
½ cup chopped water chestnuts  
¼ cup diced red bell pepper  
2 cloves garlic, minced  
1 TBS low sodium soy sauce  
2 tsp fresh ginger, minced  
¼ cup quick oatmeal

For the edamame hummus;

1 (12 oz) bag frozen edamame beans  
2 cloves garlic, chopped  
½ cup tahini  
½ cup cilantro  
¼ cup lemon juice  
3 TBS olive oil  
¾ tsp ground cumin  
Water, as needed

1 ripe avocado  
2 cups arugula  
4 wholewheat burger buns

In a large bowl mix together all the ingredients and form into four patties. Heat on the grill or hot skillet for 3-4 minutes each side or until the internal temperature reaches 165 degrees f.

While the burgers are cooking add the edamame, garlic, tahini, cilantro, lemon juice, olive oil and cumin to a food processor and pulse until desired texture. Add a little water to adjust consistency. Set aside.

Spread ¼ cup of edamame hummus onto the base of each bun and top with a turkey burger. Slice the avocado and divide between each burger and sprinkle with arugula. Place the lids on top and serve.