

Gluten-Free Burger-Tacos



A simple, fun, and nutritious recipe that will please everyone and truly takes very little time to make.

Preparation 10 min

Cooking 15 min

Servings 5

Nutrition Facts (per serving)

Calories 325

Fat 15

Carbohydrates 21

Fibre 2

Protein 27

Sodium 480

Ingredients

- 454 g (1 lb) of ground turkey, or chicken
- 1 egg
- 2.5 ml (½ tsp) of chili powder
- 1.25 ml (¼ tsp) of cumin
- 1.25 ml (¼ tsp) of smoked paprika
- Pepper and salt, to taste
- 5 corn tortillas (6 inches)

For the sauce:

- 30 ml (2 tbsp) of ketchup
- 30 ml (2 tbsp) of light mayonnaise
- 30 ml (2 tbsp) of relish
- 15 ml (1 tbsp) of mustard
- 15 ml (1 tbsp) of plain yogurt, 0%

Toppings:

- 100 g or 5 slices of light cheddar cheese (1 slice of 20 g / tortilla)
- 2-3 lettuce leaves, finely chopped
- 1 tomato, diced
- ½ small yellow onion, finely chopped
- 20 pickle slices, optional

Note: You can totally use 6-inch whole wheat tortillas if you have no gluten intolerance/allergy. It is even possible to make a vegetarian version with rehydrated textured vegetable protein as a replacement for ground meat.

Preparation

1. In a medium bowl, mix the meat, egg, and seasonings.
2. Spread about ½ cup of this mixture on each tortilla, leveling it with your fingers. Set aside.
3. In a small bowl, prepare the sauce by mixing all the ingredients. Set aside.
4. In a large non-stick skillet, place a tortilla, meat side down. Cook over medium-high heat for about 2 minutes, then flip.
5. Add a slice of cheese on the cooked meat and continue cooking for an additional minute to brown the tortilla and slightly melt the cheese. Set aside.
6. Repeat the process for each tortilla.
7. When serving, garnish each tortilla with some sauce and top as desired.

Notes

Keeps 3-4 days in the refrigerator in an airtight container, separated from toppings.



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