

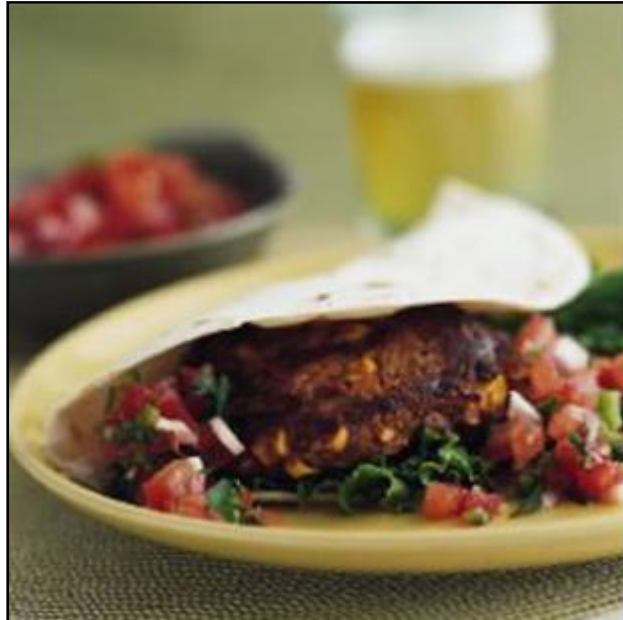
# Southwestern Pumpkin Burgers

Colorful, spicy and fragrant, these delicious burgers are right in style with the contemporary fondness for Southwestern foods, especially when served with Fresh Tomato Salsa.

**6 servings | Active Time:** 1 hour | **Total Time:** 1 hour

## Ingredients

- 6 teaspoons extra-virgin olive oil, divided
- 1 medium onion, chopped
- 1/2 cup finely chopped red or green bell pepper
- 1/2 cup fresh or frozen corn
- 2 cloves garlic, minced
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- Tomato Salsa, optional (recipe follows)
- 1/2 cup canned unseasoned pumpkin puree
- 1/2 cup shredded Monterey Jack, or Cheddar cheese
- 1/2 cup toasted wheat germ
- 1/2 cup fine dry breadcrumbs
- 2 tablespoons chopped fresh parsley
- 1/2 teaspoon salt
- Freshly ground pepper, to taste
- 6 8-inch flour tortillas, (soft-taco size)
- 2 cups shredded lettuce



## Preparation

1. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add onion and cook, stirring often, until softened, 5 to 7 minutes. Stir in bell pepper, corn, garlic, chili powder and cumin; cook, stirring, until fragrant, about 2 minutes more. Transfer to a large bowl; let cool to room temperature, about 10 minutes.
2. Meanwhile, prepare Tomato Salsa, if using.
3. Add pumpkin, cheese, wheat germ, breadcrumbs, parsley, salt and pepper to the onion mixture; mix well. With dampened hands, form the vegetable mixture into six 1/2-inch-thick patties, using about 1/2 cup for each.
4. Preheat oven to 325°F. Stack tortillas and wrap in aluminum foil. Place in the oven for about 15 minutes to heat through. (Alternatively, stack tortillas between two damp paper towels; microwave on high for 30 to 60 seconds, or until heated through.)
5. Using 2 teaspoons oil per batch, cook 2 to 4 patties at a time in a large nonstick skillet over medium heat until browned and heated through, about 4 minutes per side. Adjust heat as necessary for even browning. Wrap the patties in tortillas and serve immediately, garnished with lettuce and Fresh Tomato Salsa, if desired.

## Nutrition

**Per serving :** 331 Calories; 13 g Fat; 4 g Sat; 7 g Mono; 8 mg Cholesterol; 45 g Carbohydrates; 12 g Protein; 6 g Fiber; 638 mg Sodium; 407 mg Potassium

## Tips & Notes

- **Make Ahead Tip:** Prepare through Step 3. Wrap patties individually and refrigerate for up to 2 days or freeze for up to 3 months. Thaw in the refrigerator before cooking.

