

# Little Man Lunch

**Makes:** 8 Servings

“My little brother is sensitive to wheat. Whenever we have sandwiches for lunch he always cries for bread, but we are not allowed to give it to him,” says Abigail. “I wanted to come up with a sandwich for him that didn’t have wheat bread and was also affordable. My dad loves fried plantains or tostones. I thought it would be a great idea to use the plantains for bread but bake them instead of frying for a healthier option. I ended up with a turkey burger on plantain buns and a fresh jicama and apple slaw. He loved it!”

## Ingredients

For the Plantain Bread:

- 2 yellow plantains
- 1 **teaspoon** salt
- 1 **cup** tapioca flour
- 1 **tablespoon** chopped fresh cilantro
- 2 **tablespoons** vegetable oil

For the Slaw:

- 1 large jicama, julienned
- 2 large Red Delicious apples, julienned
- 2 limes, juiced
- 2 **tablespoons** agave nectar
- 2 **tablespoons** chopped fresh cilantro

For the Burgers:

- 1 **1/4 pounds** ground turkey
- 1 large egg
- 1/2 **cup** old-fashioned rolled oats
- 2 **teaspoons** Cajun seasoning
- 1 **teaspoon** achiote powder
- 1 bay leaf, crushed
- 2 **teaspoons** dried basil
- 2 **teaspoons** salt
- 1 **teaspoon** black pepper
- 1/2 **teaspoon** vanilla extract
- 3 **tablespoons** olive oil
- 3/4 **cup** shredded low-fat cheddar cheese
- 1 large tomato



## Nutrition Information

| Nutrients                 | Amount        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>396</b>    |
| <b>Total Fat</b>          | <b>14 g</b>   |
| Saturated Fat             | 4 g           |
| Cholesterol               | 69 mg         |
| <b>Sodium</b>             | <b>929 mg</b> |
| <b>Total Carbohydrate</b> | <b>50 g</b>   |
| Dietary Fiber             | 7 g           |
| Total Sugars              | 18 g          |
| Added Sugars included     | 3 g           |
| <b>Protein</b>            | <b>22 g</b>   |
| Vitamin D                 | N/A           |
| Calcium                   | 143 mg        |

## Directions

1. **To make the Bread:** Preheat the oven to 375°F. In a food processor or blender, purée the plantains with 2 tablespoons water. In a large bowl, mix the puréed plantains, with the salt, tapioca flour, and cilantro until you have thick smooth dough. Oil a large baking sheet and use a tablespoon to scoop the dough onto the sheet. Use the back of the spoon to flatten the dough into 2-inch-diameter rounds. Bake in the oven for 25 minutes, or until light brown and firm.
2. **To make the Slaw:** Meanwhile, in a large bowl, combine all of the slaw ingredients. Set in the refrigerator to chill.
3. **To make the Burgers:** In a large bowl, mix the ground turkey, egg, rolled oats, seasonings, and vanilla. Using a large spoon, form the mixture into 3-inch-diameter rounds and set aside. In a large sauté pan, heat the olive oil over medium heat. Cook the burgers, flipping once, 6 minutes per side, or until the internal temp reaches 165°F. Remove from the heat and top with some cheddar cheese. Let the burgers rest for 2 minutes, while the cheese is melting, to maintain juiciness.
4. **Top each plantain bun** with a burger, tomato slice, fresh kale leaf, and slaw.