

VIRTUAL COOKING CLASS FROM
THE IWC KITCHEN

RECIPES FROM SUNGARDEN + BURGERFIT

BROUGHT TO YOU BY:





Crunchy Sprout Salad



Servings: 6-8

Prep Time: 30 minutes

Cook Time: 0 minutes

ingredients

Salad

- 4 oz SunGarden Crispy Mix, boiled
- 4 oz SunGarden Mung Bean Sprouts, chopped
- 2 medium tomato, diced
- 1 large cucumber, chopped
- 1/2 small red onion, diced
- 1 medium red bell pepper, diced
- 1 tbsp jalapeno, minced
- 1 cup crumbled feta

Dressing

- ¼ cup + 1 tbsp lemon juice
- 3 tbsp virgin olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp honey dijon Koops' Mustard
- ¼ cup fresh dill, chopped
- 1 tbsp garlic powder
- 1 tsp dried oregano
- ½ tsp salt
- ½ tsp pepper

instructions

1. In a large bowl, combine the prepared salad ingredients including the feta. Gently mix with a spatula or wooden spoon until combined.
2. In a small bowl, whisk all the salad dressing ingredients together until combined.
3. Add all or some of the dressing to the salad, depending on preference, and mix until the salad is well coated.
4. Serve immediately or chill for 30-60 minutes for flavors to combine and top with more feta.

Recipe by Ayessa Holbrook





Broccoli Sprout Burger

Servings: 4

Prep Time: 5 minutes

Cook Time: 10 minutes

ingredients

- 1 lb ground meat (ground beef, turkey, chicken, or pork works great!)
- 2 tsp BurgerFit Broccoli Sprout Powder
- 1 tbsp Stone Ground Kooks' Mustard
- 2 tsp oregano
- 1 tsp garlic powder
- 1 tsp salt
- 1/2 tsp cumin

instructions

1. Heat a large skillet on medium heat.
2. In a large bowl, mix all ingredients together until combined. Don't over mix or the ground meat can become tough.
3. Form mixture into 4 equal burger patties and place burger patties on hot skillet.
4. Cook burgers on medium heat on the stove for 3-5 minutes on each side or to your preference. Cooking times can vary.

Recipe by Alane Boyd

BURGERFIT



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