

PERSIAN PATTIES

Time: 20 minutes

Serves: 4

Ingredients:

- 1 pound ground bison
- 1 cup yam – grated
- ½ cup yellow onion – grated
- 1 ½ teaspoons kosher salt
- 1 pinch fresh ground black pepper
- 1 clove garlic - finely chopped or grated
- ½ teaspoon chili powder
- ¼ teaspoon cinnamon
- ¼ teaspoon turmeric

Preparation:

Preheat a gas grill on medium.

Using your hands, mix all of the ingredients just until evenly combined and form into four patties.

Grill the patties for five minutes per side or until coked through.

Let rest for a few minutes and serve.

Nutritional Information Per Serving:

- Calories: 199
- Fat: 6g
- Carbs: 12g
- Fibre: 2g
- Protein: 23g