

TURKEY BURGER WITH CHEESE ON A PORTOBELLO BUN

If you're looking for ways to lighten your meals without giving up on some of your favorite summer dishes, try this turkey burger. Turkey meat is a lower fat and cholesterol option than beef and with the right ingredients mixed in, you might not even notice that much of a difference. And rather than a bread bun, I like to use portobello mushrooms to cradle the burger. Topped with cheese, pickles and bbq sauce, it's hard to beat. Now you'll have more room for dessert!

INGREDIENTS (serves 6)

FOR BURGERS:

- 1 lb chopped turkey meat
- 3 links sweet turkey sausage
- 1 tablespoon of your favorite spice mix
- 1 tablespoon of your favorite bbq sauce
- 1 teaspoon of your favorite hot sauce
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon fresh ground pepper
- $\frac{1}{4}$ lb Gruyere, cut into slices
- Pickles for garnish
- BBQ sauce for drizzle

FOR MUSHROOMS:

6 portobello mushrooms, cleaned and stem removed (*NOTE: Don't drown in water. I just use a damp paper towel to brush off any*

dirt).

Olive oil for brushing

Salt and pepper to taste

PREPARATION

In a large bowl, combine turkey and sausage meats, spice mix, bbq sauce, hot sauce, salt and pepper. Using a large wooden spoon or your hands, combine until all the ingredients are well distributed.

Separate the meat mixture into 6 even balls. I like to use a large round cookie cutter (about 4") to press the balls into an even patty shape. Place the patties on an oiled plate.

Brush the portobello mushrooms with olive oil and season with salt and pepper on both sides. Place on a separate plate.

Oil your grill grates. Heat the grill to 375 degrees. Place the burgers on direct heat for 4-5 minutes. Flip and continue to grill for an additional 4-5 minutes (depending upon thickness). You want the patties to feel firm to the touch, with a little give in the center. For the last minute, place the cheese on top so it can melt.

While the burgers are grilling, place the portobello mushrooms on the grill, direct heat for 2 minutes each side. Keep an eye on them. If they cook too fast, just remove from grill, allowing whatever liquid accumulated to drip off.

To serve, place a portobello top side down on a plate. Place the burger on top. Garnish with pickles and a drizzle of bbq sauce.