

Uploaded to the VFC Website



This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

If Veterans don't help Veterans, who will?

Note

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Turkey Burgers with Mango Chutney

- 1 16-20-inch long baguette, preferably whole-grain
- 1 Large red onion, cut into 1/4-inch-thick rounds, divided
- 1 Pound 93%-lean ground turkey
- 4 Tablespoons mango chutney (see Tips), divided
- 1/4 Teaspoon salt
- 2 Cups shredded romaine lettuce
 - 1) Preheat grill to medium-high.
 - 2) Cut baguette into 4 equal lengths. Split each piece horizontally and pull out about half of the soft bread from each side.
 - 3) Finely chop enough onion rounds to equal 1/3 cup. Combine the chopped onion with turkey, 1 tablespoon chutney and salt in a medium bowl; gently mix with your hands until well combined. Form into 4 burgers, about 1/2 inch thick and oval-shaped to match the shape of the bread.
 - 4) Oil the grill rack (see Tips). Grill the remaining onion rounds until softened and blackened in spots, 3 to 4 minutes per side. Grill the burgers until cooked through and an instant-read thermometer inserted into the center registers 165°F, 4 to 5 minutes per side. Grill the bread, cut-side down, until just beginning to char on the edges, about 2 minutes.
 - 5) To assemble sandwiches, spread the remaining mango chutney on the bottom pieces of baguette. Top with a turkey burger, grilled onion and lettuce. Cover with the remaining bread.

Makes 4 Servings

