Uploaded to VFC Website
▶▶ January 2013 ◀◀

Mozzarella-Stuffed Turkey Burgers

Prep Time: 20 mins
Cook Time: 40 mins
Total Time: 1 h

Ingredients

- ➢ 1 small onion(s), finely chopped
- ➢ 2 teaspoon extra-virgin olive oil
- ➢ 4 clove(s) garlic, minced
- ➢ 2 cup(s) tomato(es), plum, chopped, with juices
- ➢ 6 piece(s) tomato(es), sun-dried and oil-packed, drained and finely chopped
- ➢ 1/2 teaspoon salt
- ➢ 1/2 teaspoon pepper, black ground
- ➢ 2 tablespoon basil, fresh, chopped
- ➢ 1 pounds turkey, lean ground, 93 % lean
- ➢ 1/4 cup(s) scallion(s) (green onions), finely chopped
- ➢ 2 teaspoon garlic, minced
- ➢ 2 teaspoon Worcestershire sauce
- ➢ 1 teaspoon lemon zest
- ➢ 1/2 teaspoon oregano, dried
- ➢ 1/2 teaspoon pepper, black ground
- ➢ 1/4 teaspoon salt
- ➢ 1/2 cup(s) cheese, mozzarella, part-skim, divided
- ➢ 2 tablespoon basil, fresh, finely chopped
- ➢ 2 teaspoon extra-virgin olive oil
- ➢ 4 slice(s) bread, focaccia, 4-inch square slices (about 2 ounces each), toasted

Preparation

To prepare marinara:

1. Heat 2 teaspoons oil in a medium saucepan over medium heat. Add onion and garlic, cover and cook, stirring frequently, until translucent, 5 to 7 minutes.

2. Stir in fresh tomatoes and any juices, sun-dried tomatoes, 1/2 teaspoon salt and 1/2 teaspoon pepper. Bring to a simmer and cook, stirring occasionally, until the tomatoes have broken down, 8 to 10 minutes. Stir in basil and remove from the heat. Transfer to a food processor and pulse to form a coarse-textured sauce. Return to the pan and set aside.

To prepare burgers:

3. Place turkey, scallions, garlic, Worcestershire sauce, lemon zest, oregano, 1/2 teaspoon pepper and 1/4 teaspoon salt in a large bowl. Gently combine, without overmixing, until evenly incorporated. Form into 8 thin patties about 4-inches wide and 3/8 inch thick.

4. Combine 1/4 cup cheese and basil and place an equal amount in the center of 4 patties. Cover with the remaining patties and crimp the edges closed.

5. Heat 2 teaspoons oil in a large nonstick skillet over medium heat (see Grilling Variation). Add burgers and cook, turning once, until an instant-read thermometer inserted in the center registers 165°F, 8 to 10 minutes total.

6. Warm the marinara on the stove. To assemble the burgers, spread 3 tablespoons of marinara on each toasted focaccia, top with a burger, about 3 more tablespoons of marinara and 1 tablespoon of the remaining cheese. Grilling Variation: To grill the turkey burgers, preheat a grill to medium-high. Oil the grill rack (see Tip). Grill the patties, turning once, until an instant-read thermometer inserted in the center registers 165°F, 8 to 10 minutes total.