

Italian Turkey Burgers

main meals



POINTS® Value: 5
Servings: 4
Preparation Time: 20 min
Cooking Time: 10 min
Level of Difficulty: Easy

The addition of fennel seeds makes these burgers reminiscent of Italian sausage. Top them with fresh basil and tomato for a wonderful summer main course.

Ingredients

- 1 sprays cooking spray
- 1 pound lean ground turkey
- 1/3 cup onion(s), chopped
- 2 tsp minced garlic
- 2 tsp fennel seed
- 1/2 tsp table salt
- 1/4 tsp black pepper, freshly ground
- 4 sprays olive oil cooking spray
- 2 small tomato(es), ripe, yellow and/or red, thinly sliced
- 1 cup basil, fresh, leaves, torn or thinly shredded
- 4 reduced-calorie hamburger roll(s)

Instructions

Coat a grill or grill pan with cooking spray; preheat to medium-high.

In a large mixing bowl, combine turkey, onion, garlic, fennel seed, salt and pepper; form into four 1/2-inch-thick patties. Coat burgers and inside of rolls with cooking spray.

Grill burgers for 5 minutes; flip burgers and add rolls to grill. Grill open-face rolls until lightly charred, about 1 to 2 minutes; remove to serving plates. Grill burgers until cooked through, about 5 minutes more.

To serve, top grilled rolls with tomato slices and burgers; garnish with basil. Yields 1 burger per serving.

Notes

For an extra hit of flavor, rub the bread with a cut garlic clove as it comes off the grill.

Try these burgers with arugula leaves instead of the basil.
