

Herbed Turkey Burgers with Sun-Dried Tomatoes and Arugula

Only a few ingredients create an amazingly tasty burger. Sun-dried tomatoes and arugula complement and bring out the turkey flavor. Perfect for a quick week-night entrée or a new sophistication to the typical tailgate burger.

Yield: portions and portion size 4 6-ounce burgers

Timing: Prep time = 10 minutes + 20 minutes cook time

Ingredients

1 lb. 93% lean ground turkey

1 cup arugula

½ cup chopped shallots

¾ cup julienned sun-dried tomatoes in oil, drained

½ cup Italian seasoned bread crumbs

1 tsp. each dried basil and oregano

¼ tsp. each salt and pepper

Aioli sauce (Optional):

2 cloves garlic

½ cup mayonnaise

1 Tbsp. fresh lemon juice

Method of Production (Instructions)

Prepare grill according to manufacturer's directions.

Place ground turkey in a large bowl. Chop arugula and shallots. Add arugula, shallots, sun-dried tomatoes, bread crumbs, and seasonings to the ground turkey. Mix well. Form 4 equal-size patties.

Grill turkey burgers on an oiled rack 5 to 6 inches over glowing coals. Grill about 6 minutes on each side or until internal temperature reaches 165 degrees F.

Serve on whole wheat buns. Top burgers with Aioli Sauce, if desired, arugula and sliced tomatoes.

Aioli Sauce: Sauce can be made ahead or mixed together while burgers are cooking.

Preparation: Finely mince or press garlic and place in a small bowl. Add remaining ingredients and whisk together.