

Monterey Jack Turkey Burgers with Zucchini-Tomato Saute'

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Servings: 6

Preparation Time: 25 minutes

Start to Finish Time: 25 minutes

1 1/2 pounds ground turkey
3/4 cup Monterey Jack cheese, grated and divided
1 1/2 teaspoons dried oregano, divided
1 teaspoon salt
1/4 teaspoon pepper
6 sandwich rolls
3 small zucchini, sliced 3/4-inch thick
1 tablespoon olive oil
1 can (28 oz) whole tomatoes, drained and coarsely chopped

Preheat the grill or broiler.

In a bowl, combine the turkey with 1/2 cup of the Monterey Jack cheese, one teaspoon of the oregano, salt and pepper.

Form the mixture into four patties.

Grill or broil until done.

Place the patties in the rolls.

In a skillet, saute' the zucchini in the olive oil for 4 minutes. Stir in the tomatoes and remaining 1/2 teaspoon of oregano. Heat well.

Sprinkle the mixture with the remaining 1/4 cup of Monterey Jack cheese.

Spoon the mixture over the burgers or serve on the side.

Per Serving (excluding unknown items): 261 Calories; 16g Fat (55.8% calories from fat); 25g Protein; 4g Carbohydrate; 2g Dietary Fiber; 102mg Cholesterol; 543mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1 Fat.