

Turkey Caprese Sliders

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Servings: 6

These sliders are great with tzatziki sauce.

1 pound ground turkey (light and dark meat)

1 egg

1/2 cup fresh basil, chopped

1/2 cup fresh breadcrumbs

1/4 teaspoon coarse salt

freshly ground black pepper

4 ounces fresh mozzarella, sliced

1 one-pound ciabatta loaf

tomato slices (optional)

avocado slices (optional)

In a bowl, combine the turkey,,egg, basil, breadcrumbs, salt and pepper. Mix gently. Make twelve balls. Flatten and place a slice of cheese on top of six burgers. Top with the remaining burgers and pinch the edges to seal the cheese inside.

Saute' or grill the burgers.

Cut the ciabatta loaf into six squares. Slice each square open horizontally.

Top with the burger, tomatoes and avocado, if using.

Per Serving (excluding unknown items): 23 Calories; 1g Fat (38.6% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 35mg Cholesterol; 110mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat.