

Turkey Sausage & Peppers Burger

Great Recipe from: EatingWell.com

Makes: 4 servings

Serving Size: 1 burger

Active Time: 30 minutes

Total Time: 30 minutes

Equipment: Grill basket

Ingredients

- 1 medium onion, halved and thinly sliced
- 1 medium green bell pepper, thinly sliced
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons Italian seasoning, divided
- 1/4 teaspoon freshly ground pepper
- 10 ounces 93%-lean ground turkey
- 2 links sweet or hot turkey sausage, casings removed
- 1/4 cup fine, dry breadcrumbs
- 1 teaspoon fennel seeds
- 1/2 teaspoon garlic powder
- 4 slices provolone cheese
- 4 small whole-wheat hamburger buns, toasted

Preparation

1. Place a grill basket on one side of grill. Preheat to medium-high.
2. Toss onion, bell pepper, oil, 1 teaspoon Italian seasoning and pepper in a large bowl. Transfer to the preheated grill basket. Cook, stirring a few times, until the vegetables are soft, 12 to 15 minutes.
3. Meanwhile, combine ground turkey, sausage, breadcrumbs, fennel seeds, garlic powder and the remaining 1 teaspoon Italian seasoning in a medium bowl. Shape into four 4-inch patties. Oil the grill rack (see Tip), place the burgers on it and cook for 4 minutes. Turn them over, top with the grilled vegetables and cheese; continue grilling until the burgers are cooked through and the cheese is melted, 4 to 6 minutes more. Serve on buns.

Tips & Notes

- Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

Nutrition

Per serving: 409 calories; 18 g fat (6 g sat, 6 g mono); 85 mg cholesterol; 32 g carbohydrates; 4 g added sugars; 6 g total sugars; 31 g protein; 5 g fiber; 724 mg sodium; 548 mg potassium.