TURKEY BURGER

with blueberry compote and goat cheese

4 | 20 min | 40 min | Difficulty

INGREDIENTS

For the Blueberry Compote:

- 1 pint blueberries
- 2 cloves garlic
- 1/4 cup balsamic vinegar
- 1 tablespoon maple syrup

For the burgers:

- 1 1/2 tablespoons olive oil
- 6 ounces mushrooms, trimmed and very finely chopped
- 2 cloves garlic
- 1 tablespoon Worcestershire sauce
- 1 1/2 tablespoons ketchup
- 1 pound lean ground turkey, 93% lean
- Salt and pepper

For assembly:

- Goat Cheese
- Spinach
- Pretzel Buns

INSTRUCTIONS

To make the blueberry compote:

1. Combine blueberries, garlic, balsamic vinegar, and maple syrup in a small saucepan over medium heat.

2. Bring to a boil and slightly crush the blueberries with a spatula.

3. Simmer for 10 minutes, until the sauce is slightly thickened. Remove from heat and let cool.

To make the turkey burgers

1. Heat 1 tablespoon of the olive oil in a wide skillet over medium-low heat. Stir in the mushrooms, a 1/4-teaspoon of salt, and a 1/4-teaspoon of pepper. Cook until the mushrooms give off their liquid and it boils away; about 10 minutes.

2. Stir in the garlic and cook about 1 minute or until fragrant. Remove the skillet from the heat then stir in the Worcestershire sauce and the ketchup. Set aside until warm.

3. Gently mix the mushroom and garlic mixture into the ground turkey. Form the turkey mixture into four patties.

4. Heat 1/2 tablespoon of olive oil in a wide non-stick skillet over medium heat. Add the burgers then cook 4 to 5 minutes on each side or until an internal thermometer reads 165 degrees F when inserted into the middle of a patty. Transfer to a plate and let rest, lightly covered with foil, for 5 minutes. Top with goat cheese, spinach on a pretzel bun.