

Symphony Of Destruction Turkey Burger

4 Sandwich Thins (Orowheat)	1/3 Cup Balsamic Vinegar
1 ¼ Pounds Lean Ground Turkey	1 Tablespoon Butter, unsalted
2 Tablespoons Olive Oil	2 Cups Arugula
1 Cup Onion, sliced	4 Ounces Goat Cheese (Chevre)
¾ Cup Blueberries	Salt and Pepper to taste

Heat 1 tablespoon olive oil in a pan over medium-low heat. Add in onions, and cook about 30 – 40 minutes, stirring occasionally, until caramelized. Meanwhile, shape your turkey burgers, season them with salt and pepper, then divide the cheese into four equal parts. Once the onions are caramelized, season with salt and pepper, turn up the heat to medium, and add in the blueberries. Closely monitor until the blueberries start bursting, about 3-5 minutes, then add in the balsamic vinegar. Keep stirring until the mixture reduces to a thick paste, about 10 minutes more, mashing the berries that haven't yet burst. Remove from heat, stir in the butter until melted. Heat another pan over medium-high heat, adding in the remaining olive oil. Cook the turkey burgers until done, about 4-5 minutes each side. Build your burgers by placing even amounts of the compote on top of each burger, followed by the cheese. You can place the burgers under a broiler at this point to warm the cheese up a bit if you like. Top with arugula, and enjoy the symphony! Makes 4 servings.

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Nutrition Info per serving:

Calories	466
Total Fat	18.5g
Saturated Fat	6.9g
Cholesterol	124.9mg
Sodium	671.8mg
Carbohydrates	34.9g
Fiber	7g
Sugars	10.5g
Protein	45.8g

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