

## Sun-dried Tomato Turkey Burgers

Servings: 2

Slightly adapted from

<http://www.fortmillscliving.com/recipes/sun-dried-tomato-turkey-burgers-with-balsamic-onions/>

### Ingredients

2 lean turkey burger patties  
1/2 Tbsp dried basil  
1/2 tsp ground cumin  
1/4 tsp salt  
1/4 tsp pepper  
1 Tbsp olive oil  
1/2 onion, thinly sliced  
1 Tbsp balsamic vinegar  
1/4 cup sun-dried tomatoes, finely chopped  
2 hamburger buns, toasted

### Preparation

- 1) Season turkey burger patties with basil, cumin, salt and pepper. Place tomatoes and roughly chopped onion in a food processor and pulse until finely chopped.
- 2) Prepare a gas grill or heat a grill pan over medium-high heat.
- 3) Heat 1 Tbsp oil in a large skillet over medium heat. Add sliced onions and saute until soft and beginning to brown, about 10 minutes. Add balsamic vinegar and continue cooking until onions are deep brown, stirring occasionally, about 7 minutes; remove from heat and stir in sun-dried tomatoes.
- 4) Grill burgers until cooked through, approximately 4-5 minutes per side. Place burger on bottom half of each bun, top with onions and bun tops.

## Jalapeno Lime Slaw

Servings: 4

From

<http://www.myrecipes.com/recipe/spinach-chicken-feta-salad-10000000550048/>

### Ingredients

1/4 cup lime juice  
1/2 teaspoon sugar  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 1/2 tablespoons olive oil  
1/4 cup thinly vertically sliced red onion  
1/4 cup coarsely chopped fresh cilantro

1/2 package 3 color slaw  
1 jalapeño pepper, seeds removed and diced

**Preparation**

1) Combine first 4 ingredients in a large bowl, stirring with a whisk. Gradually add olive oil, stirring constantly with a whisk. Add onion, cilantro, jalapenos and coleslaw; toss well to coat. Chill in refrigerator.