

Cacciatore Burgers

Servings: 2

Adapted from Rachel Ray

Ingredients

2 lean ground turkey patties
1 Tbsp Worcestershire sauce
1 tsp minced garlic
1 tsp crushed red pepper flakes
2 Tbsp grated Parmesan cheese
1/4 tsp salt
1/4 tsp pepper
1 tsp Italian seasoning
1/4 cup shredded mozzarella cheese
1 Tbsp olive oil
1/2 onion, sliced
1/2 red or green bell pepper, seeded and sliced
2 hamburger buns

Preparation

- 1) Preheat a large skillet, grill pan, or grill to med-high heat.
- 2) In a large bowl, mix together turkey, Worcestershire sauce, garlic, red pepper flakes, Parmesan cheese, salt, pepper, and Italian seasoning. Form into two patties and cook in skillet or on grill for 10-12 minutes (or until no longer pink), flipping halfway through. Sprinkle each patty with cheese and let it melt.
- 3) Meanwhile, heat olive oil in a medium skillet. Add onion and pepper and saute until soft, about 5-6 minutes.
- 4) Top each bottom bun half with chicken burger. Divide onion/pepper mixture among each burger and top with the other half of the bun.

Watermelon & Feta Salad

Servings: 2

From Coupon Kitchen

Ingredients

1 cup seedless cut watermelon, cut into bite-size pieces

2 oz crumbled feta cheese

1/4 tsp salt

1/4 tsp pepper

1/2 Tbsp balsamic vinegar

2 Tbsp basil, chopped

Preparation

Place cut watermelon in a large bowl. Add cheese, salt, and pepper; stir. Drizzle with balsamic vinegar and sprinkle with basil.