Turkey-Apple-Bacon Burgers

Servings: 2
From
http://www.myrecipes.com/recipe/chicken-apple-bacon-burgers-10000000457211/

Ingredients
2 slices of bacon
1/8 cup chopped red onion
½ package ground turkey
½ teaspoon dried sage
1/4teaspoon salt
1/4 teaspoon black pepper
Cooking spray
1 granny Smith apple, peeled, cored, and cut crosswise into (1/4-inch-thick) slices
2 wheat hamburger buns

Preparation
1) Prepare grill.
2) Cook bacon in a large nonstick skillet over medium-high heat until crisp. Remove bacon from pan, and crumble. Add onion to drippings in pan, and sauté 2 minutes or until lightly browned. Cool slightly.
3) Combine chicken, bacon, onion, sage, salt, and pepper. Divide chicken mixture into 2 equal portions, shaping each into a 1/2-inch-thick patty.
4) Place patties on a grill rack coated with cooking spray; grill 5 minutes on each side or until done. Place apple slices on grill rack coated with cooking spray; grill 1 minute on each side. Place rolls, cut sides down, on grill rack; grill 1 minute or until toasted. Place patties on bottom halves of rolls; top each serving with apple slices and top half of roll.

Broccoli with Red Pepper Flakes & Toasted Garlic

Servings: 2
From
http://www.myrecipes.com/recipe/broccoli-with-red-pepper-flakes-toasted-garlic-10000001591070/

Ingredients
1 teaspoon olive oil
3 cups broccoli florets (about 1/2 head)
1/8 teaspoon kosher salt
1/8 teaspoon crushed red pepper
1 teaspoon minced garlic
1/8 cup water

Preparation

1) Heat olive oil in a large nonstick skillet over medium-high heat. Add broccoli, salt, crushed red pepper, and garlic. Sauté 2 minutes. Add 1/8 cup water. Cover, reduce heat to low, and cook for 2 minutes or until broccoli is crisp-tender.