

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

1/2 package ground turkey

1/2 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-1000001591070/>

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.