



Lemon Rosemary and Artichoke Turkey Burgers With Brown Sugar Garlic Plum Sauce

Camine Pappas | June 2019

INGREDIENTS:

1 lb. ground turkey
3 large artichoke hearts from can (Be sure and squeeze all the moisture out of them before chopping)
¼ C each of white onion and green pepper chopped finely
Zest from one large lemon
1 heaping T Dijon mustard
1 t chopped fresh rosemary
1/3 C finely grated parmesan cheese
1 t kosher salt ½ t black pepper
1 T butter
1 T light oil

PLUM SAUCE:

1 large ripe red plum cut into small chunks
2 large cloves garlic finely chopped
¼ C packed brown sugar
3 T apple cider vinegar
Pinch of salt and pepper



METHOD:

For turkey burgers mix all ingredients and form into patties. Makes about 7 patties.

Add all sauce ingredients to a small bowl and set aside.

Bring a large sauté pan to high heat and melt the butter and add the oil. Add the turkey burgers and sear on one side for about 2 minutes. Turn and lower heat a bit and sear on the other side until the burgers are nearly cooked. About another 4 minutes. Lower heat and add the plum mixture. Let simmer for about 3 minutes more until pressing on the burger yields pushback and they're cooked through but not overdone. Can use meat thermometer (170 degrees F) if unsure. Serve.

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