

TURKEY BURGERS WITH EMMENTALER CHEESE



INGREDIENTS: Yields: 3 dozen

- 1 lb. lean ground turkey meat
- 2 Tbsp. shallot, minced
- 2 Tbsp. parsley, chopped
- 1 large egg
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1/4 tsp. ground cardamom
- 3/4 cup plain breadcrumbs, divided
- 4 oz. Emmentaler Cheese, shredded, (1 cup)
- 4 Tbsp. canola oil

1. STEP

Preheat oven to 350 degrees.

2. STEP

Mix together the turkey meat, shallot, parsley, egg, salt, pepper, cardamom, 1/4 cup of the plain breadcrumbs, and the Emmentaler cheese. Using a measuring tablespoon, scoop out 30 tablespoons of turkey mixture onto work surface. Form into balls and flatten into mini burgers.

3. STEP

Coat the mini burgers in the remaining 1/2 cup of plain breadcrumbs.

4. STEP

In a large sauté pan, heat canola oil over medium/high heat and brown both sides. Finish in oven for 5 minutes.

5. STEP

Transfer to platter and serve with dipping sauce. (Recipe follows)

FOR DIPPING SAUCE:

In a small bowl, stir together 1/2 cup low sodium soy sauce, 1 tablespoon sesame oil, 1 scallion (thinly sliced) and 2 teaspoons toasted sesame seeds