

The **ingles** T a b l e

with Chef Derek St. Romain
STUFFED BLUEBERRY TURKEY BURGERS



Shopping List

- 8 tablespoons chopped fresh basil
- 8 tablespoons chopped parsley
- 2 teaspoon grated lemon zest
- 2 cups fresh blueberries
- 3 clove garlic, minced
- 8oz havarti cheese
- 2 teaspoons fresh lemon juice
- 2 tablespoon dijon mustard
- 1 pound ground turkey (7% fat)
- 1/4 cup japanese breadcrumbs
- 1 teaspoon cayenne pepper
- 1 teaspoons salt
- 1 teaspoons ground black pepper

Cooking Instructions

1. In a bowl, place ground turkey and all ingredients except the cheese, basil, parsley and 1/4 cup blueberries
2. Combine all ingredients together and separate into 2 ounce equal portions
3. In a separate bowl, combine the cheese, parsley, basil and remaining blueberries together to use for the stuffing inside the burgers
4. To Stuff - Take two of the 2oz portions and flatten out with your hands and bend the edges up to form a "bowl" on just one of the portions. Now place 2 tablespoons of the cheese mixture inside the "bowl" and cover with the other 2oz portion you flattened out and crimp the edges together to seal the cheese mixture on the inside. Set aside and repeat with all of the meat portions
5. To Cook - Spray each Stuffed Turkey burger with pan spray and place on the pre-heated grill. Slowly cook the burgers, turning over every 2-3 minutes, on medium heat for a total of 12-14 minutes. Make sure to cook the turkey burgers to an internal temperature of 165 degrees making sure you do not allow them to burn

