

FOOD

Chipotle Turkey Burgers

Ingredients

- 1 1/4 pounds ground turkey breast
- 1 shallot, minced
- 1 garlic clove, minced
- 2 tablespoons cilantro, minced
- 1/2 teaspoon salt
- 1/4 teaspoon fresh-cracked black pepper
- 4 slices of smoked cheddar
- 1 small red onion, sliced into 1/4-inch thick rings
- 1 large tomato, sliced into 1/4-inch thick rounds
- 1 cup baby arugula or spinach
- 1/4 cup chipotle "ketchup" (recipe below)
- Dijon mustard
- 4 hamburger buns (I usually use whole-wheat), split open



Directions

1. Prepare the grill.
2. Combine the turkey, shallot, garlic and cilantro, mixing gently with your hands (take care not to overwork).
3. Score the meat into four equal portions and shape the portions into patties (make the patties slightly larger than the surface area of your buns).
4. Sprinkle both sides of the patties with the salt and pepper.
5. Grill the turkey burgers for 5 to 8 minutes per side, or until cooked through.
6. When the burgers are almost done grilling, place a slice of cheese on top of each patty (the cheese will melt as the burgers finish grilling).
7. Also place the buns, cut sides down, on the grill to toast; remove when lightly browned.
8. Serve the grilled patties and toasted buns along with the remaining fixings.

Chipotle "Ketchup"

Ingredients

- 1 chipotle pepper (canned in adobo sauce), minced
- 1 tablespoon adobo sauce (from the canned chipotles)
- 2 tablespoons sour cream or Greek yogurt
- juice of one lime
- 1 salt, to taste

Directions: Whisk together the chipotle pepper, adobo sauce, sour cream and lime juice in a small bowl. Add salt to taste.

Turkey Meatballs with Pasta and Sauce (and garlic – basil bread!)

Meatballs Ingredients

- 1 pound ground turkey (if you can only find the pre-packaged 1.3 pound turkey, just use the whole thing.)
- 6 small garlic cloves
- 2 tsp fennel seeds, ground
- 2 tsp red pepper flakes
- 1 tsp ground oregano
- 1 tsp ground sage
- 1 tsp ground black pepper
- 1/2 tsp salt
- 2 Tbs oil (for browning)



Basil-Garlic Bread Ingredients

- 1/2 loaf Italian Bread
- 4 cloves garlic, pressed
- 1/4 c basil leaves
- pinch of salt
- 2 Tbs olive oil

Pasta and Sauce Ingredients

- 1 pound pasta (we used fusilli)
- 1 jar tomato sauce (we used 365 Organic Tomato & Basil – it was just ok, so we added basil leaves and chopped garlic)

Directions

1. Mix meat and spices thoroughly but gently with your hands. If you over mix, your meatballs will be tough. Roll into 24 balls.
2. Preheat oven or toaster oven to 350. Slice Italian loaf in half, then split lengthwise (like you would if you were making a sub). Drizzle olive oil all over the inside. Spread garlic on one half, sprinkle with salt, and cover with basil leaves. Close bread, wrap in foil, and put into the oven for 15-20 minutes, until warm and fragrant.
3. Put a large pot of salted water on to boil for the pasta. Put the sauce in a medium pot and heat on low. Heat 1 Tbs oil in a large skillet on medium. Brown the balls in two batches, 2 minutes per side, turning so three sides are browned. Once browned, add the meatballs to the tomato sauce. When the pasta water boils, add the pasta and cook until al dente, usually 10-13 minutes. Drain the pasta, but not too thoroughly. You need a little bit of water clinging to the strands to help distribute the sauce. Mix pasta, meatballs, and sauce, and serve with warm garlic bread.

Orange Cake recipe Orange Cake

Ingredients

- 100g butter.
- Juice of 2 oranges and grated peel (not the bitter white part).
- 100g grated almonds.
- 250g flour.
- 9g baking powder.
- 2 egg whites, beaten until foamy.
- 1/2 tsp salt.

Directions: Mix all ingredients slowly, eggs last, fill mass in buttered baking form, then bake in 375F preheated oven for 45 min.



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