

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Turkey Burgers with Horseradish and Cheese

From *Express Lane Meals* by Rachael Ray

4 servings

- 1 package ground turkey breast
- 2 rounded tablespoons prepared horseradish (Look for an all-natural one without preservatives)
- 1/3 pound sharp white Cheddar cheese, diced or crumbled into 1/4-inch pieces
- 2 scallions, finely chopped
- 1 tablespoon grill seasoning (steak seasoning)
- Extra virgin olive oil, for drizzling
- Spicy brown mustard
- 4 whole grain rolls (or eat them without the bun)
- 1 tub or can of good-quality whole-berry cranberry sauce
- Romaine lettuce leaves, for topping burgers

Set up a grill for indirect heat.

In a medium bowl, mix together the meat, horseradish, Cheddar pieces, scallions, and grill seasoning. Form 4 patties and drizzle them with olive oil. Cook the burgers for 7-8 minutes, or until cooked through, on each side over indirect heat. Spread mustard on the bun bottoms and cranberry sauce on the bun tops. Place the burgers on the bun bottoms, top with romaine leaves, and set the bun tops in place.