



Blue Cheese & Onions

Caramelized balsamic onions with savory blue cheese funk

This is one of those swanky types of burgers, typically found on the menu at a sit down restaurant, rather than coming out of your kitchen. The strong flavor of blue cheese gets mellowed out by the caramelized balsamic onions, which lend a sweet savoriness, to counter the pungent funkiness of the blue cheese.

Servings Info.:

Yields: 4 burgers
 Servings: 4
 Serving Size: 1 burger



- last checked 02/09/24 -
 Listed Points **DO NOT INCLUDE BREAD!** Use whatever brand buns you want, then add my points to your buns.

Ingredients:

Savory Ground Turkey Patties **

- 3/4 lb of my Savory Ground Turkey, recipe on pg. 24

Garlic Aioli Spread

- 6 Tbsp fat free plain Greek yogurt
- 1 Tbsp light mayonnaise
- 1 tsp lemon juice
- 2 medium garlic cloves, crushed and minced
- 1/4 tsp garlic powder
- pinch of salt and pepper

Chunky Blue Cheese Mixture:

- 1/3 cup crumbled blue cheese (full fat, not reduced)
- 3 Tbsp plain fat free greek yogurt
- 1 garlic clove, crushed and finely minced
- 2 tsp white vinegar

Caramelized Balsamic Onions:

- 2 large yellow onions sliced into strips
- 1 medium garlic clove crushed and minced
- 6-8 second spray, butter flavored cooking spray (0 point)
- 2 tsp onion powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 cup fat free beef broth
- 1 Tbsp white vinegar
- 1-1/2 tsp balsamic vinegar

Additional Ingredients:

- Lettuce, any preferred variety

Directions:

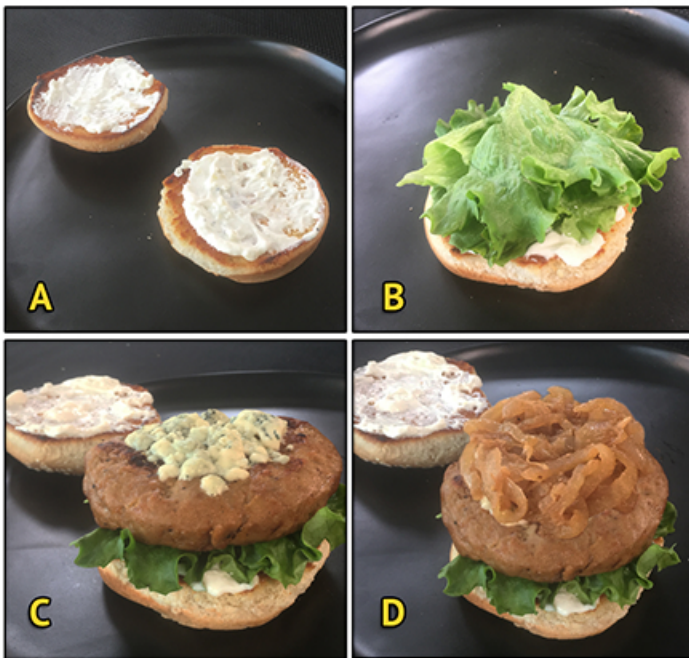
- 1 Mix all of the Aioli ingredients together in a cup, or other sealable container. Set aside for at least 30 minutes, for the flavors to meld.
- 2 In a cup, stir the 'chunky blue cheese mixture' ingredients together, slightly breaking apart the blue cheese. Set aside.



- 3 (A) Place the onions and garlic in a large pan over medium heat. Spray with a 6-8 second spray of butter flavored cooking spray, cover with a lid, (B) then cook for 10 minutes, stirring occasionally to ensure they don't burn. (C) After 10 minutes, stir in the onion powder, salt, pepper, beef broth, white vinegar and balsamic vinegar. (D) Cook, uncovered, for 8-10 more minutes, until all of the excess liquid has evaporated. Set aside. This can be made up to 2 days in advance and stored in the fridge. Reheat prior to serving.



4 (A) Take your pre-mixed 3/4 lb 'savory' ground turkey and cut into 4 equal sections. (B) Form into 4 patties. Set aside. Heat a pan over medium heat for 1 minute, then spray with cooking spray, and cook patties for 2.5 minutes per side. (C) When the burgers have 1.5 minutes left on the second side, cover each patty with a scoop of the 'chunky blue cheese mixture'. Pour a little water in the pan and immediately cover with a lid so the water starts to steam and soften/melt the blue cheese mix.



5 To assemble the burgers, first toast the buns, then (A) smear a scoop of the garlic aioli onto both buns. (B) Place a layer of lettuce onto the bottom bun, (C) followed by one of the blue cheese-topped burger patties. (D) Place a good sized serving of the caramelized onions on top of the blue cheese, then cover with the top bun. Done.

NOTES & SUGGESTIONS:

- **BLUE CHEESE:** I recommend using full fat blue cheese instead of reduced fat. Sure, you'd get a lot more cheese if you use the reduced fat stuff, but the flavor is MUCH more mild. IF you do decide to use reduced fat... know there is 7 total points of regular blue cheese in this recipe. So, sub the the blue cheese out with 7 points of any other type of pungeunt cheese you want.
- **GORGONZOLA:** In most fancy salads and sandwiches, Gorgonzola cheese can be used in place of each other. What's the difference? It actual IS a type of blue cheese. Gorgonzola is milder than aged blue cheese and is softer, allowing it to melt a bit easier.
- The onions and aioli can be made ahead of time.
- **CHUNKY BLUE CHEESE MIXTURE:** Think of it as a very thick blue cheese dressing. Mix it ahead of time and let it sit in the fridge for at least 30 minutes.

