

Havana Burger

My low fat, healthy version of a traditional Cuban sandwich, made into a crispy-pressed burger

A traditional Cuban sandwich is ham, pork & swiss cheese with a mustard/mayo spread and pickles, toasted and pressed like a panini. I thought it'd be cool to make a healthy burger version! What REALLY makes this burger exceptional, is pressing the finished hamburger in the same fashion as a panini, to give a super crunchy crust to the bread, not typical for a burger.

Ingredients:

Cuban Picadillo Burger Patties

- 3/4 lb batch of ground turkey "Cuban Picadillo" mix, recipe on pg. 25. Formed into (4) 3oz patties. Set aside.

Roasted Garlic Mustard Spread:

- 5-6 medium garlic cloves, still in skin.
- 1/4 tsp olive oil
- 6 Tbsp plain fat free Greek yogurt
- 2 Tbsp dijon mustard
- 2 tsp white wine vinegar (or, plain ol' distilled white vinegar)
- pinch of salt and pepper

Additional Toppings:

- Dill pickle slices, as many as you want, the more the merrier.
- 4 slices light swiss cheese (see note)***
- 5 oz uncured, deli sliced ham (you want a brand that will give you 12 slices for 2 points).

Directions:

- 1 Now, let's roast some garlic for the the spread! Preheat your oven to 400 degrees. **(A)** Slice the ends off of one side, from each garlic clove. **(B)** Place the garlic into a small foil pouch, then coat with cooking spray and the olive oil. **(C)** Close the pouch and bake for 30 minutes. Remove from the oven and slightly open the top of the pouch, letting it start to cool off for 5 minutes. **(D)** Squeeze the "back end" of the garlic, to push out/remove the soft, roasted garlic from the skin. Move on to step 2.

Servings Info.:

Yields: 4 burgers

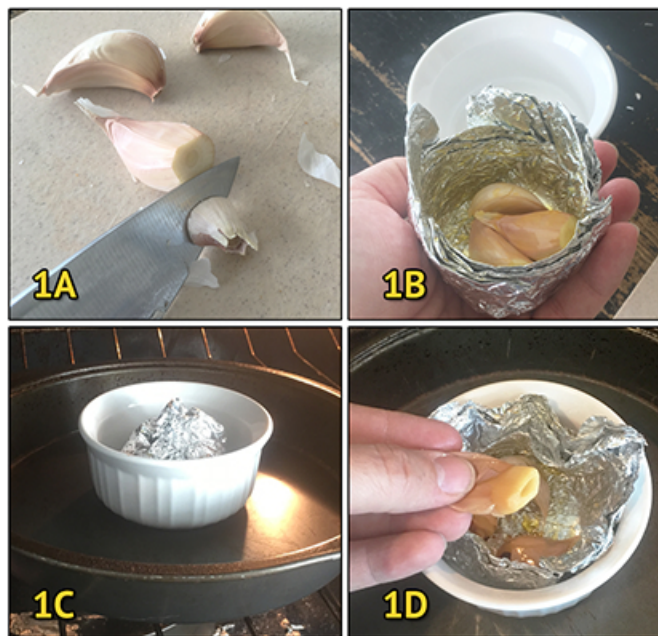
Servings: 4

Serving Size: 1 burger



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2-3

- last checked 03/13/24 -
Listed Points DO NOT INCLUDE BREAD! Use
whatever brand buns you want, then add my points.



- 2 Place the Greek yogurt, dijon mustard and vinegar into a bowl, stir to combine. On a cutting board, use a fork to mash the garlic into a paste. Stir the mashed garlic into the yogurt and mustard mixture. Season with a pinch of salt and pepper, to taste. Cover and set aside for 30 minutes.



- 3 Divide the meat into 4 portions, then form into patties. Heat a pan over medium heat, till water sizzles on it's surface. Cook the patties for 2.5 minutes per side. Remove from heat.



- 4 Now... let's assemble some Burger-Panini hybrids!!! First, start heating up a large pan over medium heat. (A) For each burger: smear 1 Tbsp of the garlic/mustard spread onto the bottom buns, (B) followed by 3 slices of ham. (C) Place the cooked burger patties on top of the ham, followed by a slice of cheese, followed by some dill pickle slices, as many as you want. Put another 1 Tbsp of spread on the top buns, then cap the burgers with the top buns. Set aside. (D) Spray cooking spray into a LARGE pan and heat it over medium heat, till water sizzles on the surface. Place all of the burgers into the pan. (E) Place another pan or other large, heat resistant flat surface on top of all of the burgers, then place cans or additional pots on top, to add weight and compress the burgers (Similar to making a panini). (F) After 90 seconds, spray the top of the burgers with cooking spray, then carefully flip them, add the pan back on top to compress them again... and toast for another 90 seconds. Enjoy.

NOTES & SUGGESTIONS:

- **CHEESE:** The listed points are dependent upon using 1 point per slice, reduced fat swiss cheese. If you can't find that, go to the deli counter at your grocery store and have them slice you some swiss cheese slices, VERY thin. Make sure to stress that you want them THIN, or they won't do it. If you have to use regular swiss slices, the burgers will go up 1 additional point each, which is still pretty dang low in points.
- **PANINI PRESS:** You can eliminate steps 4D, E & F, by using a panini press or George Foreman grill to press/toast the burgers. Obviously, a legit panini press would be ideal.
- Try to use thin sliced uncured ham, it's lowest in calories and points, typically. Weigh the ham when you get it home. You're aiming for 2 points for 5oz, which should give you 12 slices.
- Use whatever type of bun, or bread you want. However, remember to adjust your points accordingly.
- I'd recommend patting any excess juice off of the pickles with paper towels. Extra liquid on a burger = bleh!

