



Juicy Lucy (cheese-stuffed burger)

A low calorie, low fat, molten cheese stuffed burger. Almost like if a cheeseburger had a baby with a Hot Pocket.

To answer your question... no, I have absolutely no idea why this type of burger is called a 'Juicy Lucy', but I can tell you that it's a simple and very tasty burger. It's pretty much a cheeseburger, where you stuff the cheese INSIDE of the patty, rather than melting it on top of the meat, like normal. Unlike most recipes, which call for stuffing enough full fat cheese into the burger to choke a Wisconsinite... we're forming 2 thin ground turkey patties, then sandwiching them together around a piece of low fat, low calorie, low point, ultra melty American cheese.

Servings Info.:

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



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

Ingredients:

Burger Patties :

- 1lb batch of my 'Savory' ground turkey mix, recipe on pg. 26
- 4 slices of Velveeta Original cheese slices, or any other brand of low point, low calorie sliced cheese.

Additional Toppings:

- Lettuce, any preferred variety.
- Sliced Onions
- Sliced Tomatoes
- Dill pickle slices
- Traditional yellow mustard
- 1 batch of my low point ketchup, recipe on page 19

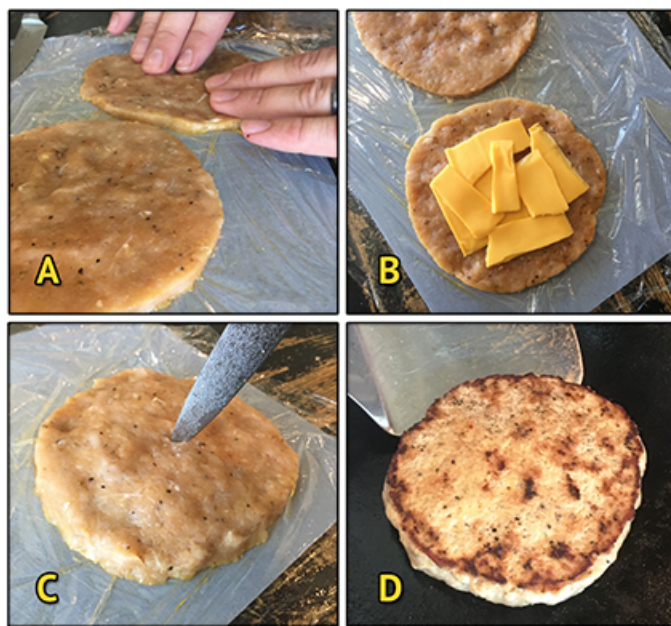


Reference for Direction #1

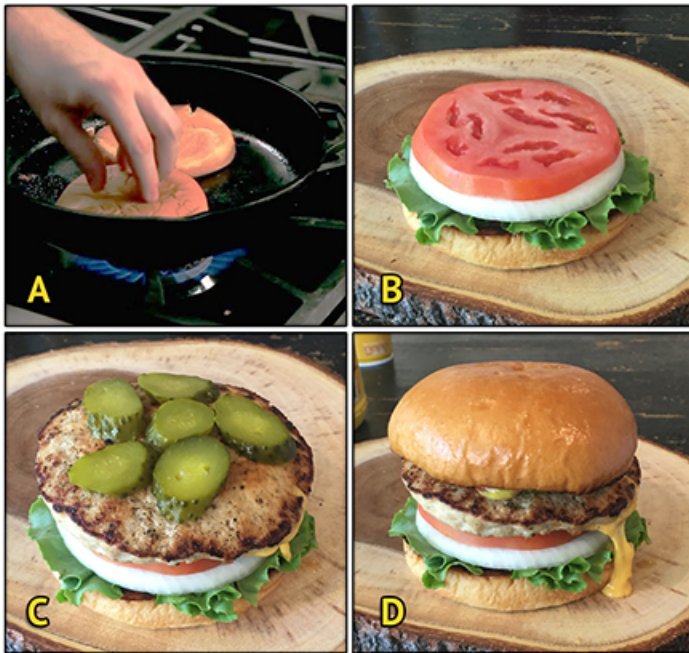
A quick pic of how to quickly divide the 1 pound batch o' meat into 8 portions, for patties. Roll the 1lb ball o' seasoned ground turkey into a big ball, then use a long knife to slice down into the meat, making 8 equal-ish sized portions. Just like you would slice a pizza to make 8 slices.

Directions:

- 1 Mix the batch of meat, then let rest for 20 minutes. Form into a mound, then cut into 8 portions.



- 2 (A) On plastic wrap, form the meat into 8 thin patties, then use your hands to make them more spread out/thin. (B) Break up 1 slice of cheese and lay it onto the center of 1 patty, leaving space around the edges. (C) Lay one patty over the first, sandwiching the cheese between the two thin patties o' meat. Gently press on the sides to seal the edges, then poke a tiny hole into the top of the patty. (D) Preheat a large pan over medium heat, till water starts to sizzle on it. Spray with cooking spray, then cook the patties for 2 minutes per side.



3 To assemble the burger, first (A) toast your buns. (B) Smear some ketchup and mustard onto the bottom bun, followed by some lettuce. Then, place a slice of onion and tomato on top of the lettuce. (C) Set a stuffed burger patty on top of the tomato, followed by a few dill pickle slices. (D) Smear the top bun with some more mustard and ketchup, then... go get a bib. You'll need it, most likely. Done.

NOTES & SUGGESTIONS:

- **BURGER PATTIES:** Seriously... press them with your fingers, to spread them out and make them a little thinner and wider than normal. Also, as pictured, leave a little space between the edges of the cheese and the edge of the meat.
- **CHEESE:** Though I used Velveeta Original slices for this recipe, you can use any low calorie/fat/point cheese that you want. In truth, the first burger should be 1 point lower than it shows. The recipe makes 4 burgers, so the points for ALL 4 burgers get added together, which is 6 points of cheese for all 4 burgers. However, if you only actually make 1 single burger, that 1 single burger's filling will only be 1 point, from the 1 single slice of cheese. You can use any brand or type of cheese you want. Ultra thin sliced provolone, Swiss... even smoked gouda and mozzarella. Go to the deli counter and ask them to slice you any cheese that you choose, then use the 'cutting the cheese' hack, to lower it by 1 point.
- **KETCHUP:** You don't have to make my recipe for ketchup. Use any low calorie/sugar/point brand of ketchup that you want. However, my recipe lets you have 1/4 cup of ketchup for 0 points. Adjust your points if necessary, if you don't make my recipe.
- **JUICY GIUSEPPE:** You could make a pretty gooey Italian version of this. First, instead of my 'savory' meat mix... use my Italian sausage seasoning recipe to make the burger patties. Then, instead of American cheese, fill the patties with 1 point of shredded reduced fat mozzarella cheese or thin sliced provolone. Instead of mustard and ketchup, use some of my quick marinara sauce. Molto Bene! Then, to anger @chiafullo, use kale instead of lettuce. He loves kale...

