

McRib-ish Sandwich

The mythical, seasonal, 'formed rib patty' sandwich from McDonald's... but without their mystery meat.

Once or twice a year, the house of the golden arches pulls out this crazy sandwich. Either you love it or you hate it, but either way... there is no mistaking how unhealthy the regular version is. It can best be described as a slab of processed 'pork product', formed into a patty that resembles ribs. It's slathered in BBQ sauce, cooked in whatever strange method they cook 'mystery meat' in.... then it's covered with pickles, onions and more BBQ sauce. As gross as the real thing sounds, it's actually tasty. MY version mimics the same flavors and texture, but makes them without all of the Dr. Frankenstein ingredients. We're using 99% fat free ground turkey, seasoned with SCIENCE!!!

Servings Info.:

Yields: 4 sandwiches
Servings: 4
Serving Size: 1 sandwich

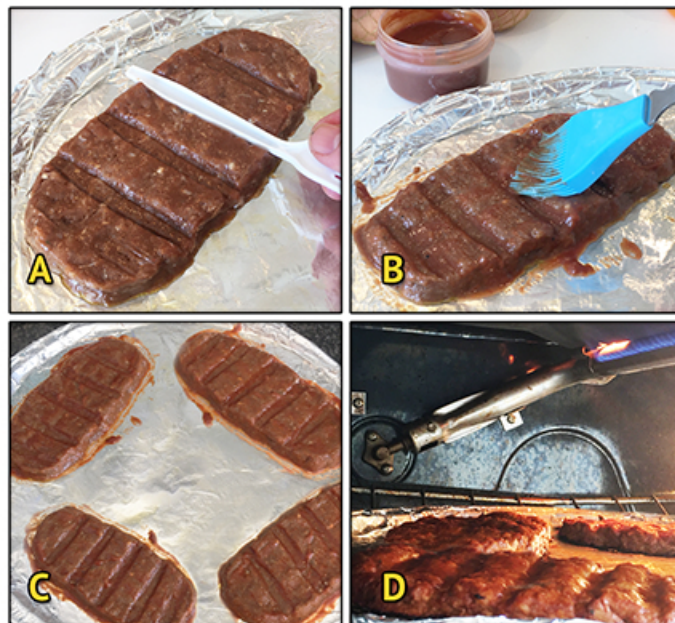


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- last checked 03/15/24 -
Listed Points **DO NOT INCLUDE BREAD!** Use
whatever brand rolls you want, then add my points.

Ingredients:

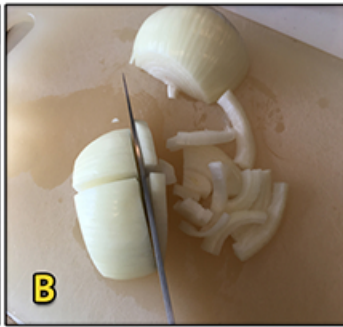
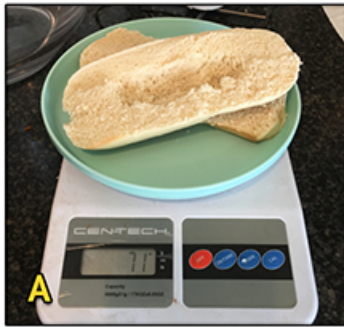
- 'Rib' Patties:**
- 1 lb batch of my "savory" ground turkey mix, recipe on pg 26, sectioned into (4) 1/4 lb. portions.
- Quick BBQ Sauce:**
- 1 batch of my 'Quick BBQ Sauce'. Recipe on pg. 16
- Additional Toppings:**
- Sliced dill pickles
 - 1 medium onion, quartered and sliced into strips
 - Store bought French 'Hoagie' rolls (see notes)***



- 3 PREHEAT YOUR OVEN TO 425 degrees. (A) Place each of the 1/4lb portions of ground turkey onto plastic wrap. Shape into long oblong patties, roughly the size of your hoagie rolls. Press down into each patty with a utensil, to make an indentations, to resemble a 'rib patty'. (B) Coat each shaped patty with BBQ sauce, then (C) place onto a baking pan, lined with foil. Bake at 425 degrees for 10 minutes. (D) Remove from oven and turn on the 'broiler' setting of the oven to High. Coat the top of the patties with more BBQ sauce, then place back in the oven, on the top rack position. Cook under the broiler for 2 minutes, then remove from oven. Set aside.

Directions:

- 1 Prepare the 1 pound batch of ground meat, divide into 4 equal sized portions, then set aside for 20-30 minutes.
- 2 Prepare a batch of my BBQ sauce, as directed. Set aside.



- 4 (A) (optional) Use the handy dandy "low point bun hack" from pg 40 to scoop bread from the top bun, lowering it by 1 point. Do not toast your buns for this sandwich, you want the bread to be soft. Set aside. (B) Quarter, then slice an onion into strips, set aside. (C) Smear BBQ sauce onto the bottom of your hoagie roll, then (D) Place your formed 'rib' patty onto the roll, spread some more bbq sauce onto the rib patty, so it's saucy. Then, add some thin sliced onions and dill pickles. (E) Finally, spread more BBQ sauce onto the top 'bun'. Done.

NOTES & SUGGESTIONS:

- **HOAGIE ROLLS:** Use whatever brand 'Hoagie Rolls' you want. However, scan your brand. Most hoagie rolls, as stated above, can have a small amount of bread scooped out of the top bun. Once weighed in grams, you can easily drop the 'point' value of the roll by 1 to 2 points. That small section of bread that I removed in picture 3A, took my purchased rolls from 6 points, down to 5.
- **POINTS:** Again, the listed points for this recipe do not take the bread into account. Use whatever bread you want, then add my points for the 'filling'. As an example, I used 6 point 'Hoagie Rolls'. On my plan, 99% fat free ground turkey breast is 0 points. So... MY "McRib-ish" sandwich was 6 points. The only points for me, are the bread. PS: A regular McRib is 19 points and a looooot less healthy.
- **BBQ Sauce:** Though mine is quick, tasty, and 0 points for the entire 1-1/4 cup batch... you can use ANY bbq sauce you want. But, adjust your points.

- **VIDEO!:** Scan this QR code to open a video, where I show you how to mix, wrap and bake the Gyro.

