

Patty Melt

The Unspoken Love-Child of a Burger & a Grilled Cheese

Ever wondered what'd happen, if a burger hooked up with a grilled cheese it met at a bar one night, after one too many jello shots? Well, 9 months later, you'd see a baby Patty Melt on a "Who's the daddy?" episode of Maury. When that happens, you get a burger patty topped with caramelized onions, with a grilled cheese for a burger bun. Talk about some serious daddy issues.

Servings Info.:

Yields: 4 sandwiches

Servings: 4

Serving Size: 1 sandwich



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- last checked 03/21/24 -
Listed Points DO NOT INCLUDE BREAD! Use
whatever bread you want, then add my points to the bread.

Ingredients:

Ground Turkey Patties:

- 3/4 batch of my Savory ground turkey, recipe on pg. 26, formed into (4) 3oz patties. Let rest for 20-30 minutes.

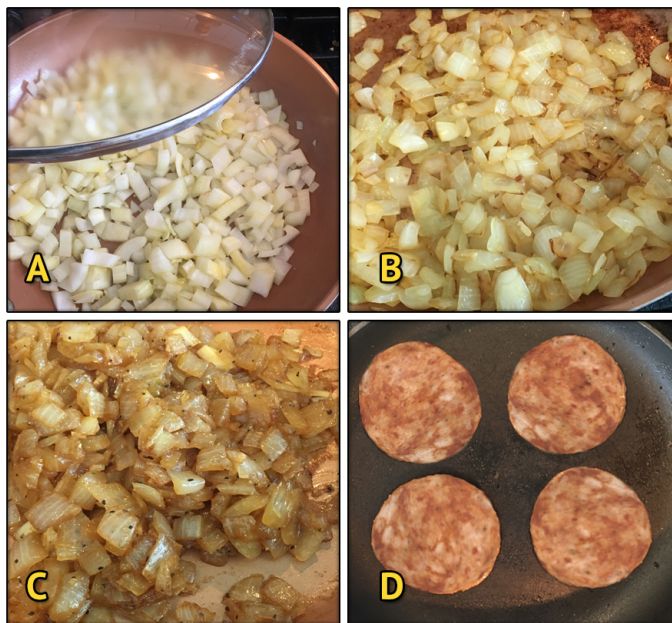
'Beefy' Caramelized Onions:

- 2 large onions, diced
- 0 point cooking spray
- 1 medium garlic clove, chopped
- 1/2 cup beef broth, fat free
- 1/2 tsp salt
- 1/4 tsp black pepper (use white pepper if ya want)
- 1/2 tsp onion powder

Additional Ingredients:

- 8 slices of low point cheese. For THIS recipe, I am using Velveeta Original singles. **(SEE NOTES)*****
- Butter flavored cooking spray **(SEE NOTES)*****
- 8 slices of low carb or keto bread. (I am not including the bread in the points for this recipe, which is my norm)

Directions:



- 1 **(A)** Over medium heat, Use cooking spray to cook the onions and garlic, covered, for 10 minutes. Stir occasionally, so they don't burn. **(B)** Remove the lid after 10 minutes, then add the beef broth, salt, pepper and onion powder. **(C)** Reduce heat to medium-low, bring to a boil, then simmer, uncovered, for 6-8 minutes, or until all the liquid has evaporated. Cover and set aside. **(D)** Preheat a large pan over medium heat, until water sizzles on the surface. Place the burger patties into the pan and cook for 2.5 minutes on the first side, then flip and cook for 2 more minutes. Remove patties from the pan and set aside. Reduce the stove's temperature to medium-low and continue heating the pan... we're about to use it again.



NOTES & SUGGESTIONS:

- **CHEESE:** For my cheese, because Patty Melt's are traditionally made with American cheese, I used Kraft original singles. They are 1 point for 1 slice, 3 points for 2 slices. In this particular burger, the only points (other than the bread) are from the 2 slices of cheese. Use whatever type or brand of cheese you want. But, adjust your points if necessary.
- **BREAD:** I used "Orrowheat Superior Keto" bread. It is 1 point per slice. It is hands down, my favorite brand of white 'Keto' bread. However, not everyone has access to it, so you can use ANY lower point bread that you wish, such as Sara Lee 'delightful' 45 calorie bread, which is 2 slices for 3 points. Use whatever bread you want.
- **COOKING SPRAY:** Don't want to spray your bread with cooking spray to toast it? Try this little trick, it actually works well. In the same way that you'd spread some mayo on bread with a butter knife... spread a thin layer of Greek yogurt on the bread instead of butter or mayo. It'll toast and crisp up just fine.
- **WHERE'S THE RYE ?:** Whenever you get a Patty Melt at a diner, it usually gets made with Rye bread. Sadly, nobody makes low point rye bread, so... I used keto white bread. If you insist on having that 'rye' flavor in your patty melt... you can always add a little bit of caraway seeds into your pan with the onions, so they'll impart that flavor to your caramelized onions.

- 2 (A) Use butter flavored cooking spray, to spray all of the sliced bread, on one side, with a good 1-2 second burst. Place 4 of the bread, 'buttered' side down, onto the hot pan. (B) Place 1 slice of cheese on to each slice of bread, followed by a burger patty and a scoop of the caramelized onions. (C) Place another slice of cheese on top of the onions, followed by a new slice of bread. Spray the top of the bread with cooking spray, then walk away. (D) Cook the sandwich over medium-low heat for a few minutes, until the bottom is nice and toasted. Then, flip your sandwich and cook the other side till it's toasted as well. Repeat this process to make all four pattie melts. Then, rejoice... and praise this cheeseburger/grilled cheese hybrid!

