

# Pizza Burgers

A healthier version of a fatty gourmet burger

I recently watched a show on the food network that had a pizza burger. Of course, it had enough grease, fat and calories to make you gain 5lbs just looking at it.

My version has a roasted garlic spread, fresh basil, charred onion, an Italian sausage patty, mozzarella, pepperoni and marinara sauce. I've included directions in the notes for a "Supreme" pizza version.

## Servings Info.:

Yields: 4 burgers

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Serving Size: 1 burger

## Points:

	G	B	P
1 serving =	3	2	2
2 servings =	6	4	4
3 servings =	9	6	6
4 servings =	12	8	8

(These listed points **DO NOT INCLUDE** the bun. Use whichever brand buns or bread you want, then add these points.)

## Ingredients:

### Savory Ground Turkey Patties

- 1/2 batch of my "Italian Sausage" ground turkey recipe, in my "Cookbook: Volume 1" on page 28, with the following changes:
  - Toast the fennel seeds, as shown in Cookbook 1, on pg. 47.

### Roasted Garlic Spread

- 16-20 garlic cloves, preferably still in their skin.
- Tin foil
- Cooking spray
- 2 tsp water (trust me)

### Marinara Sauce

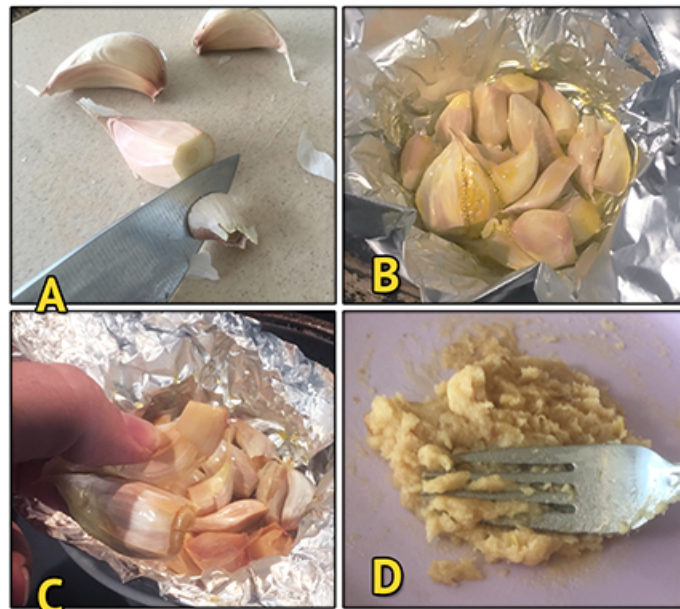
- You can use ANY 0 point marinara sauce you want, or... use my fast and easy "10 minute marinara" recipe, which can be found in my Cookbook: Volume 1, on pg 73.

### Additional Ingredients:

- 6 Tbsp part-skim, shredded mozzarella cheese. Scan it, make sure what you buy is 4 points for 6 Tbsp..
- 32 pieces Hormel 70% less fat turkey pepperoni (4 points)
- 1 large onion, sliced into (4) 1/2 inch thick rounds.
- Fresh basil leaves

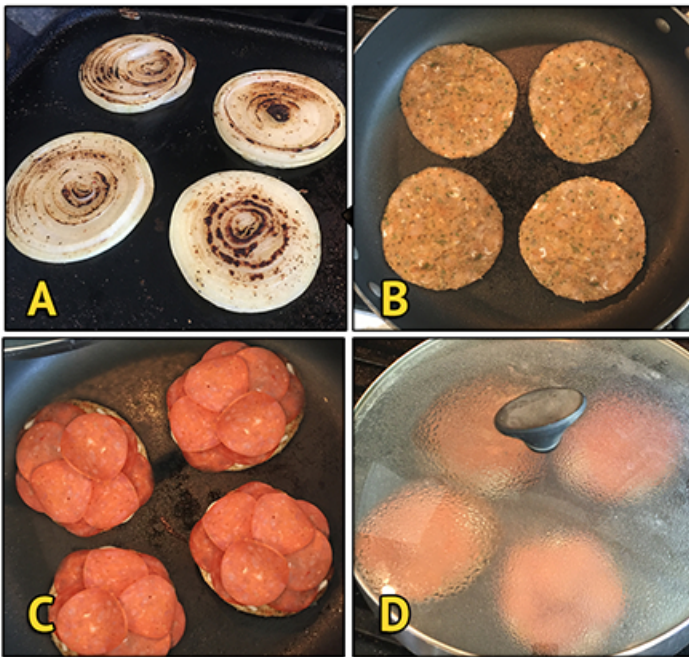
## Directions:

1. Mix together the ground meat, set aside for 20 minutes. Form the meat into 4 patties, cover, then set aside.

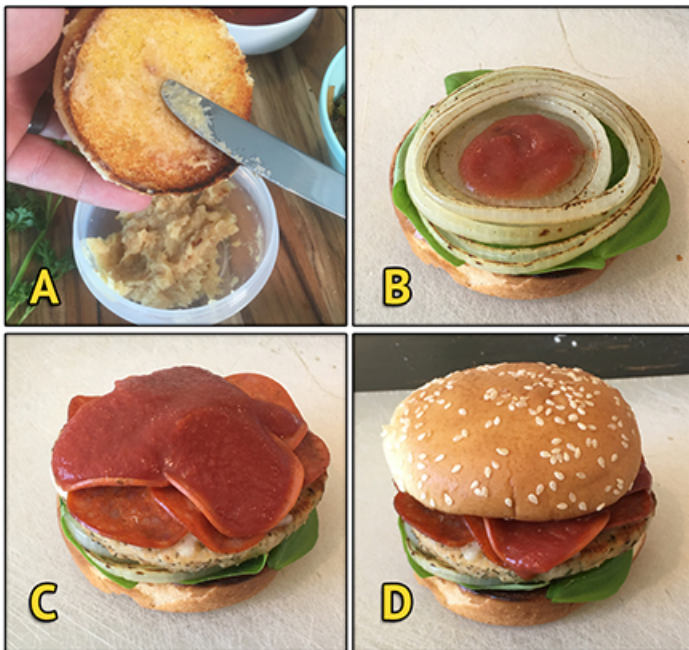


2. Preheat oven to 375 degrees. (A) Slice the ends off of 16-20 fresh cloves of garlic, still in the skin. (B) Place all of the garlic into a pouch made of tin foil, then spray with cooking spray. Close the foil pouch and bake at 375 degrees for 45 minutes. (C) Remove from oven, then pick up each garlic clove and gently squeeze the back end, which will cause the roasted garlic to fall out. Place all garlic cloves into a dish. (D) Add the water to the garlic cloves, then mash with a fork till smooth. Seal in an air tight container and set aside.





3. (A) Heat a pan over medium heat for a minute, spray with cooking spray, then cook the 4 sliced onion rounds for 2 minutes per side, seasoning with salt and pepper. Set aside. (B) In the same pan, cook the sausage patties for 2 minutes on medium heat. (C) Flip the patties, then quickly place 1-1/2 Tbsp mozzarella onto each patty, then place 8 slices of "light" pepperoni onto each burger. (D) Cover with a lid and cook for another 1-1/2 minutes. Remove patties from the pan and start building your burgers, Paisanos!



4. To assemble the burgers, first toast the buns, then (A) spread some of the roasted garlic onto each bun. (B) Place a few leaves of fresh basil onto the bottom bun, followed by one of the charred onion rounds and a dollop of marinara sauce. (C) Place the sausage patty (with mozzarella and pepperoni) on top of the onion slice, and cover with a scoop of marinara sauce. (D) Finally, cover with the top bun that has been smeared with roasted garlic.

## NOTES & SUGGESTIONS:

- **Marinara:** Use whatever brand you want, make your own, or make mine, as long as it's a 0 point sauce.
- **Roasted Garlic:** There are different ways you can prepare garlic for roasting. You can slice across an entire bulb of garlic, like you see on cooking shows. I chose not to show that method, so that less experienced cooks wouldn't risk losing a limb. You can cut individual cloves like I did, cut through an entire head, as is typical, or use my slow cooker roasted garlic recipe. Any way works. There IS no wrong way, it's all personal preference.
- I have toasting the fennel seeds, as an optional step... but sweet baby Jesus, I swear to you that it makes suuuuuuuch a huge flavor difference in the meat.
- **CHEESE:** Use any cheese you want, whether shredded or sliced, thin sliced provolone or mozzarella. As long as you keep it to 1 point per burger. Otherwise, adjust the points.
- **SUPREME PIZZA VERSION:** To make a Supreme version, top this baby like you would a pizza. Add some cooked green bell peppers, sauteed mushrooms, black olives... make it your own! Heck, if you want to ignite a furious battle for the ages, add Canadian bacon and pineapple for a Hawaiian burger! \*evil cackle\*

