



# Sausage & Peppers

Italian sausage patty with fresh basil, sauteed onions & peppers, roasted garlic, provolone cheese and marinara

One of my favorite Italian sandwiches ever is a good Italian sausage & peppers sandwich. It's typically made with links of pork Italian sausage, in casing, in a roll with cooked peppers, cheese and marinara sauce. This is my lightened up burger version, using my ground turkey Italian sausage recipe for the patties. This burger is so delicious, even @Chiafullo would order it, during one of his weekly sojourns to Olive Garden, for Cannoli.

## Servings Info.:

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



R-D

2-3

- last checked 03/27/24 -

Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.

## Directions:

### Ingredients:

#### Savory Ground Turkey Patties

- 3/4 batch of my Italian sausage, recipe on pg. 25

#### Roasted Garlic Spread

- 9-10 medium garlic cloves (for this recipe, i'm approaching it as if you are using garlic cloves still in their 'skin')
- 1/4 tsp olive oil
- 2 Tbsp plain fat free Greek yogurt
- 1 tsp light mayonnaise
- 2 tsp white wine vinegar (or regular distilled white)
- 1/8 tsp salt
- 1/8 tsp cracked black pepper
- 1/2 tsp garlic powder

#### Marinara Sauce

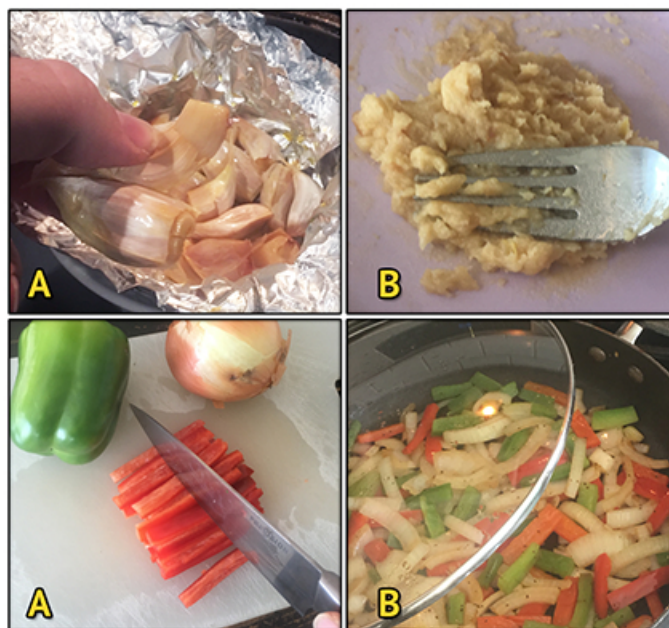
- 1 batch of my '5 minute marinara', recipe on pg. 16
- (or, use any 0 point marinara you want)

#### Onions & Peppers

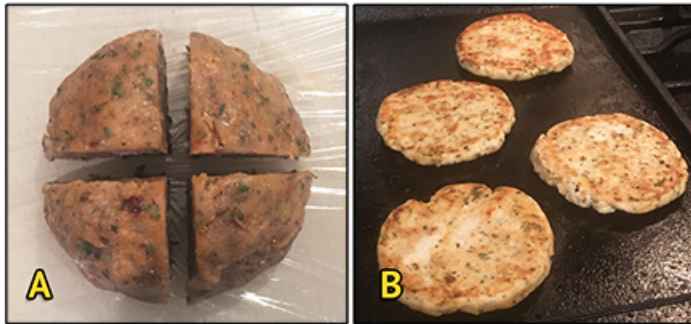
- 1 onion, cut into 1/4's, then thin sliced
- 1 green bell pepper, cut into thin slices, then cut those in half.
- 1 red bell pepper, cut into thin slices, then cut those in half.
- salt and pepper, to taste

#### Additional Ingredients:

- 4 slices provolone cheese, thin sliced. You want the first slice to be 1 point, scan till you find the right brand.
- Fresh basil



- 1 (A) Preheat oven to 375 degrees. Place garlic cloves in a small foil pouch and drizzle with the olive oil and spray into the pouch with cooking spray. Close the foil and bake for 35-40 minutes. (B) Remove from the oven slightly open the pouch and let cool for 10 minutes. Remove garlic bulbs from the skin (if you're using garlic with skin on) and use a fork to mash the garlic. Mix mashed garlic with the rest of the 'Garlic Spread' ingredients. Set aside. (C) Slice the peppers and onions into long thin strips, then cut those strips in half, as pictured. (D) Using cooking spray, cook the veggies, covered, over medium heat for 8-10 minutes. Season with salt and pepper. Set aside.



2 (A) Divide the raw meat into 4 sections and form into (4) 3oz patties. (B) Heat a large pan over medium heat, till water sizzles on it's surface. Spray the pan with cooking spray, then place the patties onto the hot pan. Cook over medium heat for 2.5 minutes on 1 side, then flip the patties. Place a slice of cheese onto the burger patties, add a little water to the pan, then cover and cook for 2 more minutes. Set aside.



3 To assemble the burgers, first toast the buns. Scoop some bread out of the top bun, to make a cavity which will help hold the onions and peppers in place, later. (A) Spread some of the roasted garlic spread onto the bottom bun of each burger. (B) Place a few leaves of fresh basil onto the bottom bun, (C) followed by the Italian sausage patty with melted provolone. Add some marinara sauce (as much as you want), (D) then place a mound of the cooked onions and peppers onto the pattie... which will be held in place by the cavity in the top bun, so now they won't shoot out the sides of your burger when you take a bite. Finally, cover with the top bun. Ta Daaaaaaa!!!!

## 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 from cookbook 1. Any way works. There IS no wrong way, (unless you burn it), it's all personal preference.
- I highly, highly, HIGHLY recommend toasting the fennel seeds in the Italian Sausage meat mixture. It makes a huge difference with the flavor.

