

# Cranberry Turkey Burgers with Arugala Salad

*Nicole Stevens - Mount Pleasant SC*

*Taste of Home Magazine*

## Servings: 4

*3/4 pound ground turkey  
1/3 cup dried cranberries  
1/3 cup gluten-free soft bread crumbs  
3 green onions, finely chopped  
2 to 3 tablespoons crumbled goat cheese  
2 tablespoons pepper jelly  
3 cloves garlic, minced  
1 large egg yolk  
1/4 teaspoon salt  
1/4 teaspoon pepper  
4 cups fresh arugula  
1 tablespoon grapeseed oil or olive oil  
1 tablespoon honey*

## Preparation Time: 10 minutes

## Bake Time: 10 minutes

Preheat the oven to 375 degrees.

In a bowl, combine the turkey, cranberries, bread crumbs, green onions, goat cheese, pepper jelly, garlic, egg yolk, salt and pepper. Mix lightly but thoroughly. Shape into four 1/2-inch-thick patties. Transfer to a greased baking sheet.

Bake until no longer pink, 10 to 12 minutes.

Heat the broiler. Broil until a thermometer inserted in a burger reads 165 degrees, about 5 minutes.

Meanwhile, toss the arugula with oil. Drizzle with honey. Toss to combine.

Top the salad with the turkey burgers.

---

Per Serving (excluding unknown items): 422 Calories; 29g Fat (61.2% calories from fat); 33g Protein; 7g Carbohydrate; trace Dietary Fiber; 180mg Cholesterol; 414mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat; 1/2 Other Carbohydrates.