

## **Italian Sausage Burgers with Fennel Slaw (for 4)**

SOURCE: AOL's Cooking Light - 06/06/03 - Production Mgr Liz Rhoades

### **INGREDIENTS:**

#### **Slaw:**

1 1/2 TBS cider vinegar  
2 tsp sugar  
1 tsp extra-virgin olive oil  
1/4 tsp freshly ground black pepper  
1/8 tsp salt  
1 1/2 C thinly sliced fennel bulb  
1 C vertically sliced red onion

#### **Burgers:**

8 oz hot turkey Italian sausage  
8 oz ground turkey breast  
Cooking spray  
4 (1/2-oz) slices provolone cheese  
4 (2-oz) Kaiser rolls

### **INSTRUCTIONS:**

**To prepare slaw:** combine vinegar, sugar, oil, pepper + salt in medium bowl, whisking till sugar dissolves. Add fennel & onion, tossing to combine. Let stand at room temperature 30-60 minutes, tossing slaw occasionally.

**To prepare burgers:** Prepare grill - remove sausage from casing. Combine sausage & turkey breast. Divide mixture into 4 equal portions, shaping each into a 1/2"-thick patty - place patties on grill rack coated with cooking spray; grill 5 minutes on each side. Top each patty with 1 cheese slice; grill 1-2 minutes more or till burgers are done & cheese melts. Place rolls, cut sides down, on grill rack; grill 1 minute or till toasted. Removing slaw with a slotted spoon, arrange about 1/2 C slaw on bottom half of each roll; top each serving with 1 patty + top half of roll.

[NUTRITIONAL INFO: CALORIES 413 (30% from fat); FAT 13.9g (sat 4.7g, mono 3.6g, poly 2.8g); PROTEIN 33.9g; CARB 37.5g; FIBER 2.9g; CHOL 97mg; IRON 3.6mg; SODIUM 930mg; CALC 189mg]