

Burger Bowl with Sun-Dried Tomato Vinaigrette

The recipe for this post was provided by Carolyn Hodges of [The Dinner Shift](#).

Prep Time: 20 minutes

Cook Time: 10 minutes

Total Time: 30 minutes

Serves 4

Ingredients

For the Burgers

- 1 lb. ground turkey (93/7)
- 2 Tbsp. onion, finely minced
- 2 Tbsp. basil, finely minced
- 2 Tbsp. Worcestershire sauce
- ½ tsp. salt, or to taste
- ¼ tsp. black pepper

For the Sun-Dried Tomato Vinaigrette

- ¼ cup sun-dried tomatoes in oil, drained (reserve 2 Tbsp. oil from jar)
- 2 Tbsp. olive oil
- ¼ cup red wine vinegar
- 1 tsp. Dijon mustard
- ½ tsp. salt
- ¼ tsp. pepper
- 2 Tbsp. water

For the Salad

- Mixed leaf lettuce
- Baby bell peppers, sliced
- Grape tomatoes
- Red onion, thinly sliced
- Sliced avocado
- Croutons
- Crumbled feta cheese

Instructions

1. Preheat an outdoor grill to medium-high heat, about 350-400°F.
2. To make the burgers, combine the ground turkey, onion, basil, Worcestershire sauce, salt and pepper in a large bowl. Use your hands to mix well, then shape into 4 burger patties.
3. On well-greased grates, grill the turkey burgers for about 5 minutes per side, or until golden brown on the outside and the internal cooking temperature reaches 165°F.
4. To make the vinaigrette, combine all ingredients (sun-dried tomatoes through water, including the 2 Tbsp. of oil from the jar of sun-dried tomatoes) in a food processor or blender and blend until smooth. Transfer to a jar.
5. To serve, assemble the lettuce, bell peppers, grape tomatoes, red onion, avocado and croutons in salad bowls. Top each with a grilled turkey burger, vinaigrette and crumbled feta cheese.

