

McCLINTOCK'S COOKERY

with MK McClintock

GRILLED KERRYGOLD TURKEY ON TORTA

Every once in a while, I crave a hot juicy sandwich. I don't indulge often because those thick delicious sandwiches are usually packed with a lot of calories. This one isn't what you'd call completely healthy, but it's not too bad and boy is it filling. In fact, I prefer to split a sandwich—a whole one is just too hearty!



Serving suggestion: spinach and greens salad is topped with crispy onions and a honey mustard dressing.

Grilled Kerrygold Turkey on Torta

by MK McClintock

- 1/4 lb ground turkey or beef
- 1/2 Tbs olive oil
- 1/2 Tbs balsamic vinaigrette
- 1 tsp Alpine Touch seasoning blend (made in Montana)

Recipe and image(s) provided by the author. Find more recipes at www.mkmcclintock.com/recipes.
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- 1 Tbs ground Parmesan
 - 4 oz reduced-fat Kerrygold cheddar cheese
 - 2 oz Laughing Cow garlic and herb cheese spread (substitute if you can't find Laughing Cow, use a low-fat garlic and herb cream cheese spread)
 - Fresh baby spinach leaves
1. Make the patty by putting ground meat of choice in a small bowl. Evenly add olive oil, vinaigrette, Alpine Touch and Parmesan to the meat. Combine and form into an even patty.
 2. The cooking method is up to you. I prefer to grill, even during the winter, but over the stove or broiling work just as well. Remember that a turkey patty is going to cook much faster than beef so be sure not to end up with a dry patty. Cook to your desired tastes - I prefer medium-rare for beef or still slightly pink for turkey as it will continue to cook through once removed from heat.
 3. Melt the Kerrygold cheddar on the meat patty - be sure to lower the heat and only add at the very end of cooking. You want the cheese mostly melted, not completely.
 4. Prepare the torta or ciabatta roll (either works) by spreading the Laughing Cow spread on each side. If you'd like to toast the bread, do so lightly so as not to end up with tough bread.
 5. Add spinach leaves to the top and bottom of the roll, add your meat patty and enjoy!

Note on Kerrygold: I've tried various sandwich recipes with a variety of cheeses, and I use Kerrygold simply because it's my favorite and always comes out on top in terms of taste. Any good quality cheddar cheese will suffice, though I make no guarantees on flavor.