

Turkey Burgers

Bobby Collins

1 ½ lbs. ground turkey	2 cloves garlic
6 Tbsp. cilantro	1 tsp. salt
1 medium grated zucchini	1 egg
1 Tbsp. chili powder	Pepper
1 medium carrot, grated	Breadcrumbs
1 tsp. cumin	

In bowl combine all ingredients. Add just enough breadcrumbs for mixture to stick together. Form 5 to 6 patties. Grill on well-oiled grill over medium-high heat 5 to 6 minutes on each side.

Pan-Seared Tilapia with Citrus Vinaigrette

4 (6 oz.) tilapia fillets	2 Tbsp. finely chopped shallots
½ tsp. salt, divided	2 Tbsp. fresh lemon juice
½ tsp. freshly ground black pepper, divided	2 Tbsp. fresh orange juice
½ cup white wine	4 tsp. extra-virgin olive oil
	2 tsp. sherry vinegar

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Sprinkle fish evenly with ¼ teaspoon salt and ¼ teaspoon pepper. Add 2 fillets to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove from pan; keep warm. Repeat procedure with remaining fillets.

Add white wine to pan; cook 30 seconds or until liquid almost evaporates. Combine shallots and remaining ingredients, stirring well with a whisk; stir in remaining ¼ teaspoon salt and remaining ¼ teaspoon pepper. Add shallot mixture to pan; sauté 1 minute or until thoroughly heated, stirring frequently. Place 1 fillet on each of 4 plates; top each serving with about 3 tablespoons sauce. *Makes 4 servings.*