

DINNER

Turkey Patty Melt with Grilled Onion Relish

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
35 min	15 min	20 min	4	\$5.88	751 kcal

Turkey Patty Melt with Grilled Onion Relish is a main course that serves 4. One portion of this dish contains about 63g of protein, 38g of fat, and a total of 751 calories. For \$5.88 per serving, this recipe covers 36% of your daily requirements of vitamins and minerals. 1 person has tried and liked...

Ingredients

- ☐ ¼ cup balsamic vinegar
- ☐ 1 tablespoon finely chopped fresh thyme leaves
- ☐ 8 slices (1/4-inch thick) Gruyere
- ☐ 2 red onions, peeled and sliced into 1/4-inch thick slices
sliced into 1/ slices
- ☐ 4 servings Salt and freshly ground pepper
- ☐ 1 tablespoon Dijon mustard
- ☐ 1½ pounds ground turkey
- ☐ 4 servings Olive oil
- ☐ 8 slices (1/4-inch thick) good quality rye bread

EQUIPMENT Bowl, Whisk, Grill, Spatula

Method

- 1

Heat grill to high. Divide the ground turkey into 4 equal burgers, brush with oil, and season with salt and pepper on both sides. Grill for 3 to 4 minutes per side for medium-well doneness (the burger will continue to cook when placed back on the grill in the next step).

- 2 Place the bread on a flat surface. Top each slice with a slice of cheese and a few tablespoons of Grilled Onion Relish.
- 3 Place a burger on top and then top the burger with the remaining 4 slices of bread.
- 4 Brush the top of the bread with the oil and place the burgers carefully on the grill, oiled side down, and press down slightly on the sandwich with a metal spatula. Grill for 1 to 2 minutes or until golden brown, then brush the top slice of bread with oil, flip over, press the top with the spatula and cook until that side is golden brown and the cheese has melted.
- 5 Cut in half and serve.
- 6 Heat grill to high.
- 7 Brush onions on both sides with oil and season with salt and pepper. Grill on each side for 3 to 4 minutes or until slightly charred and just cooked through.
- 8 Whisk together vinegar, mustard, salt, pepper, and thyme in a medium bowl.
- 9 Whisk in 1/4 cup of olive oil until emulsified.
- 10 Add the onions and stir until combined.
- 11 Let stand at room temperature until ready to use.

Nutrition per serving

	751 KCAL	63 g PROTEIN	38 g FAT	40 g CARBS
Saturated Fat				13.8 g · 86% of daily needs
Fibre				5.1 g · 20% of daily needs
Sugar				7.4 g · 8% of daily needs
Sodium				1,114 mg · 48% of daily needs
Cholesterol				155 mg · 52% of daily needs
Vitamin C				7.1 mg · 9% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/turkey-patty-melt-with-grilled-onion-relish-147700