

# Pizza Burgers with Arugula Salad

Open-faced sandwiches are actually old-world delicacies. Back in the 15th century the English called these sandwiches “trenches.” The French called them “trenchers.” The idea was that the slice of bread also served as the plate and after you ate the toppings, you ate the “plate.”

Tonight you’ll have Pizza Burgers served open-faced. It’ll be served with a fruit-laced arugula salad. We’ve progressed a bit since the 15th century. A plate will be provided.

**Preparation time: 25 minutes - Serves: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients so they’re easy to add.

### Quick Pizza Sauce

1-1/2 C. leftover Marinara Sauce  
2 T. shredded Parmesan Cheese  
1/2 tsp. garlic powder

### Arugula Salad

#### Dressing for Salad:

1T. olive oil  
1 T. balsamic vinegar  
1 tsp. honey  
1 tsp. prepared mustard  
1 tsp. low-sodium soy sauce

#### Arugula Salad:

3 C. arugula (washed and dried)  
1-1/2 C. cucumber (peeled and chopped)  
8 cherry tomatoes (halved)  
  
1 C. mango (thin sliced into 1” long pieces)

### Pizza Burgers

1 burger bun (1/2 bun per diner)  
1 T. mayonnaise or Veganaise  
1/2 C. lettuce leaves (chopped)  
  
2 of your meatless burger patty favorites  
4 T. shredded Parmesan  
Pizza Sauce

*If You’re Grilling  
Burgers, Fire up the Grill!*

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Make the Pizza Sauce first and set aside. Then prepare the salad materials.

### Quick Pizza Sauce

Combine Marinara Sauce with Parmesan and garlic powder in a small bowl. Cover and heat 2 minutes in the microwave. Stir well and set aside.

### Arugula Salad

#### Dressing for salad:

Combine dressing ingredients in a small jar with a tight-fitting lid and shake well. Set aside.

#### Arugula Salad:

1. Place washed arugula in a large bowl with chopped cucumber and tomatoes.
2. Toss with dressing just before dining.
3. Divide dressed salad between two dinner plates and top with sliced mango.

### Pizza Burgers/Plate

#### Pizza Burgers:

1. Brown burgers of choice on a stovetop or outdoor grill.
2. While burgers cook, toast bun halves and spread with mayonnaise.
3. Once burgers are cooked, spoon 2 T. Parmesan over burgers and let it begin to melt.
4. Place chopped lettuce on bun and set cooked burger on top of lettuce.

#### Plate:

5. Transfer burgers to dinner plates and place next to arugula salad.
6. Cover each burger with hot Pizza Sauce. Sprinkle with a little more Parmesan.

### What I've Learned from this Recipe

Large burger buns can pack as many as 200 calories that are mostly comprised of simple carbohydrates and empty calories. It makes sense to use 1/2 of a bun, enjoy an open-faced burger and cut 20% from your calorie count.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)