

Turkey Burgers

1 lb ground turkey breast
8 oz feta cheese
1 ½ - 2 cups chopped fresh spinach
½ teaspoon garlic powder
½ teaspoon ground black pepper
½ teaspoon oregano
¼ teaspoon ground sea salt
Extra Virgin Olive Oil (EVOO)

Mix everything together (easier to use your hands, but only mix until all ingredients are combined.) Divide into 5 or 6 patties and pat them out to desired thickness. Cook on the grill or in a sauté pan on medium high heat with 1 tablespoon of EVOO. Cook until both sides are golden brown (about 7-10 minutes each side.)

Roasted Kale

Divide a bag of chopped organic kale amongst two cookie sheets. Sprinkle with sea salt, garlic powder and freshly ground black pepper. (I do this to taste but I would start out with ¼ teaspoon of each per cookie sheet.) Drizzle with EVOO and massage the oil into the kale leaves, making sure that they are all coated. Cook at 400 degrees for 10 minutes. Serve and eat up. (I can't get enough of this yummy vegetable!)

*Turkey Burgers
with Roasted Kale*

