Homemade Kale Turkey Burgers

*These burgers are great for barbequing and are high in protein! They can be eaten along side some sweet potato fries and asparagus or a house salad. The kale adds only 100 calories to the overall recipe and provides lots of **vitamin A, vitamin C,** and **vitamin K**.*

Prep: 20 minutes • Total: 35 minutes

Ingredients:

Ground Turkey	2 lbs	909g
Kale, finely chopped	3 cups	750 mL
Egg, large	1 each	1 each
Worcestershire sauce	4 Tbsp	60 mL
Garlic powder	1 Tbsp	15 mL
Onion powder	2 tsp	10 mL
Thyme, dried	1 tsp	5 mL
Rosemary, dried	½ tsp	3 mL
Dijon mustard	3 Tbsp	45 mL
Salt	1 tsp	5 mL

Directions:

1. In a large bowl, combine all the ingredients with your hands.
2. Form into 8 patties of uniform size.
3. Place into a non-stick grill or barbeque that has been sprayed with olive oil and cook on medium heat for 4-5 minutes on the one side.
4. Turn over, then reduce the heat to medium and cook for another 8-10 minutes or until center is no longer pink and the juices run clear.
5. Serve alone or on a whole-wheat bun (additional calories) with a side of 2-3 servings of vegetables.

Nutrition Facts

Serving Size (161g)
Servings Per Container

Amount Per Serving

Calories 210	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 105mg	**35%**
Sodium 300mg	**13%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 24g	

Vitamin A 2%	• Vitamin C 50%
Calcium 8%	• Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: *www.food.com*

Makes 8 servings (160g / serving) • 1 serving = 1/8 recipe

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