

SEASONED TURKEY BURGERS

gluten & dairy free

serves 4

- 1 1/4 lb LEAN GROUND TURKEY, 93/7
- 1 tsp GARLIC POWDER
- 3/4 tsp CUMIN, GROUND
- 1/4 tsp BLACK PEPPER, GROUND
- 1/2 tsp SEA SALT
- 1 tsp OLIVE OIL, EXTRA VIRGIN
- 1/8 tsp CAYENNE PEPPER, GROUND (optional)

1. Combine all ingredients in a large bowl and mix until well incorporated. Form mixture into four equal size patties.

2. Grill or pan sauté burgers, 4-5 minutes per side or until cooked through.

VARIATIONS: Add fresh chopped cilantro, green pepper or onion to patties before cooking.

NUTRITION INFO PER SERVING: 200 calories, 10g fat, 82mg cholesterol, 1g carbohydrates, 0g fiber, 0g sugar, 28g protein

KALE CHIPS

gluten & dairy free

serves 4

- 1 bunch FRESH KALE
- 1 tbsp OLIVE OIL, EXTRA VIRGIN
- SEA SALT AND PEPPER, to taste
- 1/4 tsp GARLIC POWDER

1. Preheat oven to 300 degrees F. Remove kale leaves from stem and tear into bite size pieces.

2. Toss dry kale pieces with olive oil, garlic powder, sea salt and pepper until well coated. Spread kale in one even layer onto a large rimmed baking sheet lined with parchment paper.

3. Bake for 10 minutes, rotate pan and bake for another 10-15 minutes or until lightly browned and crispy. Remove from oven and cool a few minutes before eating. Sprinkle with additional sea salt and pepper if desired.

NUTRITION INFO PER SERVING: 50 Calories, Total Fat 4g, Cholesterol 0mg, Total Carbohydrate 4g, Dietary Fiber 1g, Sugars 0g, Protein 2g