

## Secrets to a great-tasting July 4 turkey burger

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(HealthDay)—Craving a burger but seeking a break from red meat? For

a meal that looks decadent but is healthy, too, a juicy turkey burger is the answer.

Though turkey burgers can be dry, a simple addition keeps ground turkey from drying out: Mix a low-sugar BBQ sauce into the meat *before* cooking. Then enhance the taste with a flavorful condiment that's loaded with vitamins and minerals, "kale-onnaise," your favorite mayo amped up with super-nutritious kale. This recipe makes two servings, but you can double or triple the quantities as needed.

## Turkey Burgers With "Kale-onnaise"

### For the burgers:

- 1/2 pound lean ground turkey
- 1/4 cup low-sugar BBQ sauce
- 1 tablespoon [olive oil](#)
- 2 whole-wheat buns

### For the kale-onnaise:

- 1 garlic clove, peeled
- 1 cup olive oil-based mayonnaise
- 2 cups packed kale leaves
- Zest and juice of 1 lemon

### For the side salad:

- 4 cups mesclun greens
- 2 teaspoons olive oil

- 2 teaspoons [balsamic vinegar](#)

Place the turkey and BBQ sauce in a large bowl. Mix well with clean hands and form into two 4-inch patties. Warm a skillet over medium heat and add olive oil. Add the patties and cook six to eight minutes, turning occasionally until no longer pink in the center.

While the burgers cook, prepare the kale-onnaisse. Place the mayonnaise, kale leaves, lemon zest and juice, and garlic clove in a blender. Process until very smooth.

To plate, transfer burgers to the buns and top each with a tablespoon of kale-onnaisse (refrigerate the rest). Toss the greens with oil and vinegar, and serve immediately alongside.

Yield: 2 servings

**More information:** The U.S. Department of Agriculture has another great [turkey burger](#) recipe on its website.

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