



Smashed Turkey Burgers with Pickled Kale and Cucumbers

Sumac adds a tangy flavor to the turkey patties

Pickled Kale and Cucumbers

- 1 teaspoon sumac
- 1/2 Tablespoon lemon juice
- 1/8 teaspoon salt
- 1/2 Tablespoon olive oil
- 3 cups bite-size coarse torn fresh kale
- 1/2 small red onion, thinly sliced
- 1 cup thinly sliced petite cucumbers

Prepare Vegetables: In a small bowl, combine the first four ingredients; mix in the kale; toss to coat with dressing. Add the onions and cucumbers; toss to combine. Set it aside.

Smashed Turkey Burgers

- 1 teaspoon sumac
- 1 Tablespoon ground cumin
- 1 teaspoon ground turmeric
- 1/4 teaspoon or as desired red pepper flakes

2 Tablespoons thick full fat plain Greek yogurt
1 teaspoon salt
1 Tablespoon olive oil
1 pound ground turkey (dark meat will be moister)
1/2 cup fine crumbled feta cheese
2 Tablespoons avocado oil

Topping: Lemon juice as desired

Garnish: feta cheese, plain yogurt, mini grain Naan bread, and cut seedless tomatoes with minced chives.

Prepare the Burgers:

- In a large bowl, combine sumac, cumin, turmeric, red pepper flakes, yogurt, salt, and oil; stir until a paste forms.
- Mix in the ground turkey and feta cheese until well combined.
- Divide the turkey mixture into 4 equal portions, then lightly oil or wet your palms so it won't stick to them; shape each portion into a loose ball.

Cook the Burgers:

- Heat a dry 12-inch cast iron or other heavy skillet over medium high heat until very hot, about 2 minutes.
- Add 2 Tablespoons oil, coating the surface with oil.
- Add the balls spacing them out; then use a solid flat spatula or the back of a wooden spoon to smash them until they are ½ inch thick.
- Cook without moving until a crust forms on the burger bottoms, and they easily release from the pan, about 3 to 4 minutes.
- Flip using a spatula; cook until browned on the second side and cook to 165 degrees F, about 3 to 4 minutes more.

Serve the Burgers:

- Squeeze some lemon juice over them; Serve the burgers with the pickled salad and feta cheese, plain yogurt, mini grain Naan bread, and cut seedless tomatoes; garnish with minced chives.

Yield: 4 Smashed Turkey Burgers with pickled kale and cucumbers

Recipe Inspired by: Yasmin Fahr; adapted from *Cook Simply, Live Fully*

About the Recipe: Sumac is used to flavor the turkey burgers and to season the pickled kale and cucumbers. The blend of Far Eastern spices combines with fresh sliced tomatoes, minced chives, and creamy Greek yogurt to create a delightful healthy, summer dinner.