

TURKEY BURGERS

INGREDIENTS:

- 1 lb/1/2k of chopped/minced turkey meat (dark or light)
- 4 shakes of garlic powder
- 2 tsp of Herbs from Provence w/lavender (adjust to taste)
- ½ cup of revitalized or pure spring water
- 1 Tbsp of unsalted butter
- 1 tsp of Celtic seasalt

DIRECTIONS:

Sprinkle the garlic and herbs into the minced turkey and mix.
Separate the mixture in half and make two burgers of medium thickness.
Place them in a fry pan with the butter and half of the water.
Sauté each side for about 5 minutes on medium heat. Do not burn and add water as needed to maintain a small amount of liquid.
Flip them again and cook each side for another 3-5 minutes until cooked.
Sprinkle the salt on each burger.
Serve on a dish and pour the remaining liquid on each burger.
ENJOY these tasty burgers with the Brown, Long-Grain Basmati Rice and the Garden Salad.

Serves 2 Use **organic** ingredients and pasture-raised turkey
Suitable for ALL blood types

Turkey belongs to the *Aves* bird class of animals and the family of birds called *Phasianidae*. The most common breed belong to the genus and species of bird named *Meleagris gallopavo* .

Indigenous to North and South America, **turkey** was an important part of the Native American cultures. Turkeys were brought back to Europe by the Spanish and British. Young turkeys are called 'poults.' Female turkeys are called hens and male turkeys are called toms or gobblers. Different breeds include Broadbreasted Whites, Standard Bronze, White Holland, Bourbon Reds, Narragansett, and Royal Palm. The U.S. is the worlds largest producer.

Turkey is low in fat and high in quality protein; more per gram than chicken or beef. Four ounces of turkey meat provides approximately 30-35 grams of protein. Turkey also contains significant amounts of B vitamins, iron, zinc, phosphorous, and selenium, which is essential for proper thyroid and immune function. Plus, turkey is rich in glutamic acid, which helps to balance blood glucose and combat the ageing effects of stress. Turkey also contains tryptophan, an amino acid needed in the production of serotonin, which is a neurotransmitter that is vital for repairing cells and maintaining a youthful appearance. If the turkey has had ample time foraging in a pasture with natural vegetation, it is likely to contain more omega 3 then other EFAs.

USDA guidelines allow the term 'fresh' only when turkey has never been stored below 26°F/-3°C. Otherwise, the term 'frozen' is required.

For best quality, select fresh, organic, pasture-raised turkey. NOTE: Organic, Free-Range or Cage-Free do not guarantee that turkeys actually spent enough time outdoors in a natural pasture setting. Like with all animals, select turkey that has been humanely treated. When it comes to meat, organic standards help lower the risk of contaminated feed and usually provide higher in nutrient quality. However, organic by itself does not guarantee a natural lifestyle for the animal. Request pasture-raised turkey and ask questions like how the animals were raised. Small local farms are usually a better option. To help find small local farms in the USA, go to: www.localharvest.org and www.eatwild.com. Both sites are searchable by zip code.

When cooking, leave the skin on to help retain flavor and moisture. The skin also provides fiber. The leg and thigh provide the highest amount of nutrients.

When buying ground turkey meat, check for freshness and the actual % of fat. Labels are often misleading. Take special care keep raw meat refrigerated, at 40°F/4°C or below, in the coldest section of the fridge or freeze it. Make sure raw meat doesn't contaminate other foods. Raw turkey can keep for one or two days, while cooked turkey will keep for about three or four days.

Defrost frozen turkey in the fridge as it is very sensitive to heat. Wash hands, cutting board, and utensils well after handling raw meat.

*Roasting turkey brings out its best flavor. Cook the stuffing separately to avoid contamination. Figure roasting an unstuffed turkey for 15 minutes for each pound. When the internal temperature reaches 125°F/74°C, turn the turkey and stuff it. Then increase oven temperature to 400°F/200°C for the remaining roasting time. Let sit 10-15 minutes before carving.

Selina Naturally/Celtic seasalt, USA:<http://www.selinanaturally.com/> 1 888 644-7754

Simply Organic/Frontier Co-Op, USA: <http://www.simplyorganic.com/> 1 800 437-3301

The Vortex Water Revitalizer, Canada <http://www.alivewater.com/> 1 888 644-7754