

## Turkey & Apple-Mustard Kale Slaw Burger with Balsamic-Herb Glazed Carrots

**2 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 30 minutes**

Whitehurst Heritage Farms Ground Turkey, thawed  
Tenaza Organics Kale, stems discarded, washed  
Gundermann Acres or Fruitful Hill Farm Carrots, washed, stem end trimmed, peeled (optional)  
Slow Dough Bread Co. Pretzel Buns, thawed, sliced in half  
Farmhouse Kitchen Burger Spice  
Farmhouse Kitchen Apple-Mustard Dressing, shaken or stirred well before use  
Farmhouse Kitchen Balsamic-Herb Glaze, shaken or stirred well before use  
Sea salt and fresh cracked black pepper  
Olive or vegetable oil

**STEP 1** Preheat oven to 375°F degrees. Arrange oven racks to middle and bottom positions. While the oven is preheating, remove and discard the large kale stems from half of the bunch. Reserve remainder of the bunch for a future meal. Slice the kale leaves into ribbons, as thinly as possible, and add to a mixing bowl. For a softer slaw texture, toss the kale ribbons with the apple-mustard dressing and season to taste with salt and pepper. Store in the refrigerator and toss once more when ready to serve. For a crunchier, more firm texture, toss the kale ribbons with the dressing and season with salt and pepper immediately before serving.

**STEP 2** Cut the carrots in half or into quarters widthwise (about 2" pieces). Set aside on a foiled-lined baking sheet. Drizzle with 1 tbsp. oil, season with ¼ tsp. salt and pepper, and toss to coat. Roast in the oven for 15 minutes. Remove from the oven, add the balsamic glaze and toss with a spatula. Return the vegetables to the oven and roast for an additional 10-12 minutes until tender. Toss the vegetables once more to coat with any glaze left on the baking sheet before serving.

**STEP 3** While the carrots roast, heat a large cast iron skillet or oven-safe saute pan over medium-high heat. As the skillet is heating, combine ground turkey and burger spice with your hands to evenly distribute and then form two burger patties a little wider than the size of the pretzel buns (approximately 5-6"). When the skillet is hot, add 1 tbsp. oil and then add burger patties. Sear patties for 3-4 minutes on the first side or until golden brown and caramelized. Flip the patties over with a spatula and cook for 1 minute. Transfer skillet with burger patties to the bottom oven rack. Cook burger patties in the oven for 5-7 minutes, or until the internal temperature reaches 165°F. Remove burgers from oven and set aside until ready to serve. (Note: If you prefer a thinner burger, form three patties. Reduce oven time to 4-5 minutes or cook completely on the stove top. Leftover turkey patties are great on a salad or in a patty melt.)

**STEP 4** During the last 3-5 minutes that the burgers and carrots are cooking in the oven, add the sliced pretzel buns to lightly toast.

**STEP 5** To assemble the burger, add the turkey patty to the bottom bun and top with the apple-mustard kale slaw, followed by the top bun. Serve the burger with a side of balsamic glazed roasted carrots. Enjoy!