



## SAUCY BLACK AND BLUE BBQ TURKEY BURGERS

This makes a big batch of burgers—great for stocking the freezer! Or make a half batch if cooking for a smaller crowd, and use up the leftover berry barbecue sauce for all your grilled favourites, even pizza.

### SAUCE

- 1 large red onion, coarsely chopped
- 2 garlic cloves, cut in half
- 1 cup (250 mL) blackberries
- 1 cup (250 mL) blueberries
- 1/3 cup (80 mL) palm sugar
- 1/4 cup (60 mL) balsamic vinegar
- 1 Tbsp (15 mL) ground ginger
- 2 tsp (10 mL) smoked paprika

### BURGERS

- 2 lbs (1 kg) lean ground turkey
- 3/4 cup (180 mL) gluten-free rolled oats
- 1/3 cup (80 mL) chopped cilantro
- 1/2 cup (125 mL) mayonnaise
- 2 cups (500 mL) baby spinach
- 1 avocado, sliced
- 8 buns

For sauce, whirl all ingredients in food processor until smooth. Scrape into large, wide frying pan. Cook, stirring often, over medium-low heat until sauce is thick and reduced to about 2 cups (500 mL). This will take between 20 to 25 minutes. Reduce heat to low toward end of cooking.

Cool completely.

For burgers, blend turkey with 1 cup (250 mL) cooled sauce, oats, and cilantro. For best results, refrigerate mixture for at least 3 hours or overnight. Divide into 8 equal portions, then form each into a patty, about 3/4 in (2 cm) thick. Mixture is moist, but the oats help keep it together for cooking.

Stir 1/2 cup (125 mL) sauce with mayonnaise and set aside. Pan-fry burgers over medium-high heat until cooked through, 4 to 5 minutes per side, or until internal temperature measures 165 F (75 C). Serve in toasted buns, topped with mayo mixture, extra berry sauce, baby spinach, and avocado slices.

Makes 8 burgers.

Each serving contains: 527 calories; 32 g protein; 26 g total fat (5 g sat. fat, 0 g trans fat); 44 g total carbohydrates (14 g sugars, 7 g fibre); 361 mg sodium



Freeze leftover 1/2 cup (125 mL) berry barbecue sauce. Mix with cream cheese for a sandwich spread or mayo for a burger condiment.