**Barbecued Turkey Burgers**

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***“Kate’s Wild Kitchen”***

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*We continue to search for healthier recipes, keeping the flavor and still be satisfied with the results. How do we start? Hunting your own, or shopping at your local Farmer’s Market. Listen - your own palette speaks the truth. Hands down, hunting or fee-range turkey will taste the best. Challenge me! Remember that wild turkey and free-range turkey is very lean and it is important to add ingredients that will allow the mixture to bind. Instead of fat I like to add oatmeal and egg.*

*Lets take it a step further. What’s in your pantry? You can begin to create your own theme on dinner as you look to see what you have for fresh vegetables and spices. Here I’ve like more herbs than spice. If I wanted to kick-butt I’d probably replace oatmeal with ground cornmeal, and sweet pepper with jalapeno, mustard powder with salsa powder and sage with ¼ teaspoon chili flakes- and so on, just saying!*

*I make my own chili powder. I discovered that to taste the flavor I want I need to add what I like the best. Are you ever in that situation? Remember, in the end, your palette, body and pocket pays the price. So why not start your spices out the way you did with your turkey - fresh?*

1 pound turkey, ground (*wild turkey if you have it!)*

1/3 cup oatmeal, ground fine

½ cup red onion, chopped fine

½ cup sweet orange pepper, chopped fine

2 garlic cloves, minced

2 tablespoons Worcestershire sauce

1 tablespoon mustard powder (*I like the hot mustard powder*)

1 teaspoon sage, dried

1 egg white

¼ teaspoon salt

1 cup barbecue sauce, divided

1 red onion, ½ inch slices (*or sweet onion*)

Preheat grill to high and spray racks with cooking spray.

Combine all ingredients, and ***½ cup*** barbecue sauce. Mix until combined. Form turkey into burgers. Brush barbecue sauce on burgers and place, sauce down, on grill. Then brush remaining sauce on top of burgers. Cook 4- 7 minutes per side, depending on your desired wellness and thickness of burger.

Spray onion rings with cooking spray. Place on grill for 2-3 minutes per side. Place on top of burger before last barbecue sauce basting for a over-the-top burger taste.

Serves 2-4

*My pantry is filled with* ***thespicehouse.com*** *spices. How is yours coming along?*