

CALIFORNIA BURGER BOWLS

Preparation: **10** mins. | Cooking: **15** min | Servings: **4**

INGREDIENTS

4 cups baby kale salad blend
1 pound lean ground turkey
3 tbsp. fat-free milk
2 tbsp. quick-cooking oats
1/2 tsp ground cumin
1/2 tsp. chili powder
1/2 tsp. pepper
3/4 tsp. salt



INSTRUCTIONS

In a large bowl, mix milk, oats and seasonings. Add turkey; mix lightly but thoroughly. Shape into four 1/2-inch-thick patties. Place burgers on an oiled grill rack over medium heat. Grill, covered, until a thermometer reads 165 degrees, 4-5 minutes per side. Serve over salad blend, along with remaining ingredients.