

Tasty Turkey Burger

- Lisa Moore, CPDT-KA, KPA CTP, Top Notch Kennels, Modesto, CA

<http://www.topnotchdogs.com>

- Turkey Burger Patties
- Granulated garlic (no salt)

Spray non-stick coating in a large skillet; heat on high. Coat each turkey patty with garlic and place in skillet; reduce heat to medium-high. Flip patties so they brown on each side; remove when no pink remains.

Remove from skillet and rinse off excess garlic; pat dry and cut into pea-sized cubes. Place pieces in a single layer on a cookie sheet. Place on top oven rack and broil for 3 minutes with oven door slightly open; turn pieces over and broil another 3 minutes. Remove and allow to cool completely. Place a handful of pieces in a snack-sized Ziploc bag; squeeze out air and seal. Place individual baggies in freezer; remove and defrost as needed.

Yummy Chicken Breast

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- 6 - 9 large, boneless/skinless chicken breasts
- Granulated garlic (no salt)

Pre-heat oven to 350° F. Spray 9 x 13 glass or metal pan with non-stick coating. Sprinkle seasoning on bottom of pan. Place breasts in pan, in a single layer; season heavily with garlic. Cover in foil and bake until breasts are slightly pink in center (40-60 minutes, depending on size of breasts).

Immerse breasts in cold water and rub off seasoning; pat dry and cut into pea-sized cubes. Place pieces in a single layer on a cookie sheet. Place on top oven rack and broil for 3 minutes with oven door slightly open; turn pieces over and broil another 3 minutes. Remove and allow to cool completely. Place a handful of pieces in a snack-sized Ziploc bag; squeeze out air and seal. Place individual baggies in freezer; remove and defrost as needed.

Hearty Beef Heart

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- Fresh beef heart, sliced
- Organic no salt seasoning

Pre-heat oven to 350° F. Spray 9 x 13 glass or metal pan with non-stick coating. Sprinkle seasoning on bottom of pan. Place heart slices tightly together in pan, layering if needed. Season heavily. Cover in foil and bake until heart strips are pink in center (roughly 45 - 60 minutes, depending on amount of heart in pan).

Immerse strips in cold water and rub off seasoning; pat dry. Trim off fat and gristle and cut into pea-sized pieces. Place a handful of pieces on a $\frac{1}{2}$ paper towel or napkin. Place napkin and beef in a snack-sized Ziploc bag; squeeze out air and seal. Place individual baggies in freezer; remove and defrost as needed.