

GREEK TURKEY BURGERS



D'LISH

(Nut-Free, Egg-Free)

Yield: 4 servings **Total time:** 30 minutes

Ingredients

- 1 cup frozen chopped spinach, thawed
- 1 lb. lean ground turkey
- 1/2 cup lite crumbled feta cheese
- 1/2 tsp garlic powder
- 1/2 tsp dried oregano
- 1/4 ground pepper
- 4 whole-wheat hamburger buns
- 1 tbsp olive oil
- 1 small cucumber, chopped
- 1/2 cup plain Greek yogurt
- 1 lemon
- 1 tsp dried dill
- 1/4 red onion
- 1 heirloom tomato
- lettuce leaves

Directions

1. **Prep ingredients:** thaw frozen spinach, chop cucumber, slice lemon, onion and tomato.
2. **Make burger patties:** In a medium bowl, combine thawed spinach with turkey, feta, garlic powder, oregano and pepper; mix well. Form into four patties.
3. **Cook burger patties:** Heat skillet to medium-high heat with olive oil, cook patties until cooked through and no longer pink in the center, 5-6 minutes per side.
4. **Make tzatziki dressing:** In a small bowl, combine Greek yogurt, chopped cucumber, dried dill and lemon juice; mix well.

Grocery List

- Frozen Spinach
- Ground Turkey
- Feta Cheese
- Garlic powder
- Spices: garlic powder, oregano, black pepper, dill
- Olive oil
- Hamburger buns
- Cucumber
- Greek yogurt
- Lemon
- Tomato
- Lettuce
- Onion

Kitchen Equipment

- Cutting board
- Chefs knife
- Measuring cups and spoons
- 2 mixing bowls
- 1 large skillet
- 2 Spatulas
- Tongs

5. **Assemble burgers:** On the top of each bun place 1 tbsp of tzatziki dressing, lettuce, tomato and red onion. Add the burger patty to the bottom of each bun. Top your patties and enjoy.

Serving size: 1 Burger

Per serving: Calories 408; Total Fat 19g; Saturated Fat 7g; Sodium 283mg;
Total Carbohydrates 27g; Fiber 3g; Protein 32g

Ingredient tip

- May use grill rack instead of skillet.
- To make this recipe Gluten-free, use GF hamburger buns.
- To make this recipe Dairy-free, use dairy-free cheese and yogurt.
- Prep burger patties ahead of time: Prepare patties, wrap them individually and refrigerate for up to 8 hours before cooking.
- Store leftover cooked burger patties in the refrigerator for up to 3-4 days.

Nutrition Information

- The big difference between beef burgers and turkey burgers is the saturated fat content. Turkey provides a leaner source of protein and is lower in saturated fat than beef. Turkey burgers are a better choice for your heart health.
- Not only is turkey meat low in fat and calories, it is a great source of protein. Protein not only helps keep your body full but also plays an important role in body functions like, cell building, regulating immune function and synthesizing hormones and neurotransmitters.
- Tzatziki is a popular dip that does well with traditional Greek foods. It is made from cucumbers, dill, lemon and Greek yogurt. It is high in protein and low in calories and sodium.