Greek Turkey Burgers
Ingredients

Turkey Burger Patty
- 1 ½ pounds 93% lean ground turkey
- 1 tablespoon minced garlic
- 1 teaspoon ground cumin
- 2 teaspoons dried oregano
- 3 ounces crumbled feta cheese
- 1 cup finely chopped and packed fresh spinach
- Extra virgin olive oil

Turkey Burger Extras
- Whole wheat buns
- Lettuce
- Cucumber
- Red Onion
Ingredients

Tzatziki Sauce

- 1/2 cup plain Greek yogurt
- 1/2 cucumber, diced
- 1 tbsp. EVOO
- 2 tsps. lemon juice
- 1 tbsp. chopped fresh dill
- 1 clove garlic, minced
- 1/4 tsp. black pepper
Directions

1. Wash your hands with warm soapy water for 20 seconds; making sure to wash your wrists, in between your fingers, and under your fingernails.
2. Wash all vegetables.
3. Preheat the oven to 420°F.
4. Add all the ingredients to a large bowl and mix together, thoroughly.
5. Scoop out a large fistful of meat, roll it into a ball, then flatten it to form a patty around 1 ½ inches thick. Repeat with the remaining meat to make 5 large patties of equal size.
6. Once the patties are formed, use your thumb to make a shallow indentation in the middle of each patty to prevent them from forming a dome as they cook.
7. Set a large oven-safe nonstick skillet over medium-high heat and cover lightly with EVOO. When the skillet is hot, add the patties.
8. Cook on one side for 3 to 4 minutes, until the edges are brown and seared, then flip the patties over.
9. Cook for an additional minute, then place the entire skillet in the oven to cook until the internal temperature is 165°F, 9 to 11 minutes.
10. In a mid-sized bowl combine yogurt, cucumber, olive oil, lemon juice, pepper, dill and garlic. Mix until well-combined.
11. Assemble your burger.
Nutrition Information

Turkey Burger Patty

- Serving Size: 1 Burger
- Calories: 255
- Carbohydrates: 2.5g
- Protein: 29g
- Fat: 14.5g

Tzatziki Sauce

- Calories: 75
- Carbohydrates: 6.4g
- Protein: 3.5g
- Fat: 4.4g