

Recipe

Featured Recipe

Greek Turkey Burgers with Spinach, Feta & Tzatziki

4 Servings



INGREDIENTS

- 1 cup frozen chopped spinach, thawed
- 1 pound 93% lean ground turkey
- ½ cup crumbled feta cheese
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 small hamburger buns, preferably whole-wheat, split
- 4 tablespoons tzatziki
- 12 slices cucumber
- 8 thick rings red onion (about 1/4-inch)

DIRECTIONS

1. Preheat grill to 350°.
2. Squeeze excess moisture from spinach.
3. Combine the spinach with turkey, feta, garlic powder, oregano, salt and pepper in a medium bowl; mix well.
4. Form into four 4-inch patties. Oil the grill rack. Grill the patties until cooked through and no longer pink in the center, 4 to 6 minutes per side.
5. Assemble the burgers on the buns, topping each with 1 tablespoon tzatziki, 3 cucumber slices and 2 onion rings.

NUTRITION

Per serving: Each serving contains about 376 calories, 30g protein, 28.5g carbohydrates, 4.9g dietary fiber, 5.4g sugars, 17g fat, 6.2g saturated fat, 103mg cholesterol, 678mg sodium

Source: <https://www.eatingwell.com/recipe/262569/greek-turkey-burgers-with-spinach-feta-tzatziki/>

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