



## **TURKEY BURGERS - GREEK**

These ground turkey patties are mixed with a blend of seasonings and veggies and are SO tasty AND healthy!

### **INGREDIENTS**

- 1 pound ground turkey
- ½ yellow onion peeled and finely chopped
- 1 clove garlic minced
- 1C spinach chopped or - 10 oz frozen chopped spinach thawed and drained
- 1 teaspoons black pepper divided
- ¼C feta cheese
- ½ cup Panko bread crumbs
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano

### **Topping options:**

- Tzatziki sauce
- red onion peeled and thinly sliced
- kalamata olives chopped
- cucumber thinly sliced
- radishes thinly sliced
- lettuce leaves
- tomato slices

### **INSTRUCTIONS**

1. PREHEAT grill to medium heat.
2. Mix up everything together until evenly combined. Divide the turkey mixture into 4 equal balls and then form each ball into a patty.
3. Cook over medium heat either on the grill or using a grill pan or skillet on the stove, for 5-6 minutes per side.
4. Serve on buns with your favorite toppings.

### **Notes:**

You can top these with any of your favorite ingredients. They are great on buns, sandwich thins, in wraps, and in pitas.

