

Greek Turkey Burgers with Tzatziki

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

Tzatziki recipe: <https://www.foodnetwork.com/recipes/claire-robinson/easy-tzatziki-recipe-1924366>

Ingredients/Shopping List

For the burgers:

- 1 pound 93% lean ground turkey
- 1 cup frozen chopped spinach, thawed
- 1/2 cup crumbled feta cheese
- 1/4-1/3 cup Kalamata olives, chopped (optional)
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 tablespoon olive oil (can also use olive oil spray)
- Whole wheat hamburger buns, pita pockets, or bibb or romaine lettuce for serving
- Sliced fresh tomatoes and red onion rings for garnish

For the tzatziki:

- 1 cup cucumber, grated (about 1 medium cucumber, preferable English cucumber)
- 1 cup fat free plain Greek yogurt
- 2 cloves garlic, finely minced
- 1 teaspoon lemon zest, plus 1 tablespoon fresh lemon juice
- 1 tablespoon dried dill (or 2 tablespoons fresh chopped dill)
- 1/4-1/2 teaspoon salt and black pepper

Instructions

1. Squeeze excess moisture from the spinach. Combine all ingredients for the burgers (except oil, buns, tomatoes and red onions) in a large bowl and mix well. Form into 5-6 patties.
2. Heat grill or sauté pan to medium-high and add oil. Cook the patties about 4-6 minutes per side and no longer pink in the center (if using an instant-read thermometer cook to 165 degrees F).
3. While the burgers are cooking, prepare the tzatziki sauce. Grate the cucumber and press or squeeze with paper towels or cheese cloth to remove excess moisture. Mix all ingredients for the tzatziki in a medium bowl. Cover and chill.
4. Serve burgers on whole wheat buns, pita pockets or in lettuce wraps. Top with red onion, a spoonful of tzatziki (about 2 tablespoons), and tomatoes