

Greek Turkey Burgers



Ingredients

- 1 ½ pound ground turkey
- ½ cup crumbled feta cheese
- ¼ cup red onion, chopped
- ½ cup cucumber, grated
- 6 oz. container of plain non-fat Greek yogurt
- 1 Tbsp. mint, chopped
- 1 Tbsp. chives, chopped
- 4 - 100% whole wheat hamburger buns
- 1 avocado (optional)

Directions:

1. In a large bowl, combine the ground turkey, feta cheese, and red onion.
2. Form four patties with the mixture.
3. Coat your grill pan lightly with cooking spray. Place the patties on the grill and cook for a total of about 10 minutes.*
4. In a smaller bowl, combine the cucumber, Greek yogurt, mint and chives. Mix well.
5. Once burgers are done, place on buns. Top with yogurt sauce and avocado.
6. Serve and enjoy!

*A grill, grill pan or George Foreman are all options depending on preference, but cook times will vary.

*Yield 4 servings, serving size: 1 serving. Calories: 374.
Fat: 9.4 g. Cholesterol: 92.5 mg. Sodium: 702 g. Carbohydrates: 33.5 g.
Fiber: 5 g. Sugar: 5.5 g. Protein: 51 g.*

**These facts may vary based on size, amount, and brand use. This information is only a guide.*