Greek Turkey Burgers

Spinach, lemon, feta, garlic, and dill pack a lot of flavor into these healthy and delicious Greek Turkey Burgers.

Prep Time20 mins | Cook Time 10 mins | Total Time 30 mins | Servings: 6

Ingredients

- 7 oz. plain greek yogurt
- 1 medium fresh lemon
- 1/4 tsp minced garlic
- 1/4 tsp dried dill
- 1.25 lb. ground turkey
- 6 halves sun dried tomatoes
- 1 medium red onion
- 2 oz. frozen spinach
- 1/4 cup crumbled feta
- 1 tsp dried oregano
- 1/2 tsp minced garlic
- 1/3 cup breadcrumbs
- 1 large egg
- 1 medium cucumber
- 6 hamburger buns
- to taste salt and pepper

Instructions

1. Prepare the yogurt sauce by combining the yogurt, 1/4 tsp minced garlic, dry dill, juice of half the lemon and a dash of salt. Stir everything to combine and then refrigerate to allow the flavors to blend while you make the burgers.
2. Thaw the frozen spinach and squeeze out as much moisture as possible. Roughly chop the spinach to prevent long stringy pieces. Also chop the sun dried tomatoes and 1/4 of the red onion.
3. In a bowl combine the ground turkey with the spinach, sun dried tomatoes, red onion, feta, 1/2 tsp minced garlic, dried oregano, egg, bread crumbs, 1/2 tsp of salt and some freshly ground pepper. Stir everything until it is evenly combined. Shape the mixture into six patties.
4. Cook the burgers on a counter top grill, a non-stick skillet or over open flame. Spread the yogurt sauce on both sides of a bun, add a warm burger and top with thin slices of red onion and cucumber. Enjoy!

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