

Recipes makes: 10 Servings



### Ingredients-

- ♥ 2 ½ Lbs Lean Ground Turkey
- ♥ ½ Cup Egg Beaters
- ♥ 1 ½ Cup Chopped Spinach
- ♥ ¼ Cup Red Onion
- ♥ 1 ½ Cup Roasted Red Pepper
- ♥ 2/3 Cup Low Fat Feta
- ♥ 1 Tbsp **D'Avolio Greek Seasoning**
- ♥ ½ tsp Salt
- ♥ ½ tsp Pepper

### PREPARATION:

1. Preheat oven to 350 degrees Fahrenheit.
2. Dice red onion and roasted red peppers.
3. Combine all ingredients in a large mixing bowl and mix until all items are evenly distributed.
4. Portion burgers to 5 oz patties.
5. Bake for 15-18 minutes (or bake for 10 minutes and finish on the grill 2-3 minutes per side).
6. Serve with 3 oz of Greek Potatoes and 1 oz of Tzaziki Sauce.
7. Enjoy!

Nutrition Facts	
Serving Size: 1 Patty, 3oz Potatoes, 1oz Tzaziki	
Servings: 10	
Amount Per Serving	
Calories 350	Calories from Fat 160
% Daily Value*	
<b>Total Fat</b> 17g	<b>27%</b>
Saturated Fat 4.5g	25%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 4g	
<b>Cholesterol</b> 185mg	<b>61%</b>
<b>Sodium</b> 710mg	<b>30%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 3g	11%
Sugars 3g	
<b>Protein</b> 30g	
Vitamin A 10%	• Vitamin C 40%
Calcium 6%	• Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.