

GREEK TURKEY BURGER

Yield: 4 Servings



TOTAL TIME: 30 minutes

INGREDIENTS

- 1 lb. lean ground turkey
- 1 cup baby spinach (1½ oz.), chopped
- 1 Tbsp. seasoned bread crumbs
- ⅓ cup (about 1½ oz.) crumbled feta
- ¼ tsp. oregano leaves
- ½ tsp. Wegmans Cracked Pepper Seasoning Shak'r
- 1 tsp. pure olive oil
- 4 Tbsp. Tzatziki, divided
- ¼ cup roasted red peppers
- 1 small cucumber, cut into 12 thin slices
- 4 rosemary olive oil rolls

PREPARATION

Preheat grill on high 10 min.

1. Combine ground turkey, baby spinach, bread crumbs, feta, oregano, cracked pepper and olive oil in mixing bowl. Divide mixture into fourths; form 4 burgers.
2. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil. Place burgers on grill. Reduce heat to medium.
3. Sear burgers on grill 2 min., until they have changed color about one-quarter of the way up from bottom. Turn over; sear 2–3 min. Turn again; reduce heat to medium-low. Close lid.
4. Cook 8–10 min. until internal temp. reaches 165 degrees (check by inserting thermometer halfway into thickest part of burgers). Transfer to clean platter.
5. Top each burger with 1 Tbsp. Tzatziki, 3 or 4 roasted red pepper strips, and 3 slices cucumber. Serve on rolls.

NUTRITION

Per serving: Calories: 430; Fat: 14 g (3 g saturated fat); Cholesterol: 50 mg; Carbohydrates: 45 g; Fiber 3 g; Protein: 28 g; Sodium: 800 mg.

Recipe courtesy of Wegmans