

MEDITERRANEAN TURKEY BURGER

Preparation: **35** minutes | Cooking: **10** minutes | Servings: **6**

INGREDIENTS

2 pounds ground turkey
4 garlic cloves, minced
1 small onion grated
2 tablespoons olive oil
2 teaspoons oregano
2 teaspoons salt
1 teaspoon cumin
1 teaspoon pepper
1/4 cup flat leaf parsley,
chopped
1-2 garlic cloves, minced
1/2 English cucumber,
grated
1 cup Greek yogurt
1 tablespoon dried dill or

2 tablespoons fresh dill
1/2 teaspoon salt
1/4 teaspoon pepper
6 whole wheat hamburger
buns, toasted
6 romaine lettuce leaves
2 tomatoes, sliced
1 cup Tzatziki sauce
4 ounces of feta



INSTRUCTIONS

Preheat the oven to 450 degrees Fahrenheit. In a small bowl, combine the ingredients for the Tzatziki sauce. Cover and place in the fridge for 1 hour to allow flavors to develop (optional). To make the burger patties, mix the ground turkey, oregano, garlic, onion, parsley, cumin, pepper and salt in a bowl with your hands until fully combined. Divide the mixture into 6 evenly sized burger patties, slightly larger than the hamburger buns. Heat the oil in a large cast iron skillet set over medium heat. Season the outside of the patties with a little sprinkle of salt. Cook the patty for 4 to 5 minutes on each side. Use a food thermometer to be sure they reach a safe internal temperature of 165 degrees Fahrenheit. To assemble the burgers, layer the buns with the sauce, the patty, tomato, lettuce, more sauce and feta. Note: The patties can be cooked in a cast iron skillet, on the grill, in the oven or with a George Forman.