

SPINACH AND HERB TURKEY BURGERS WITH PORTOBELLO BUNS

Preparation: 20 minutes | Cooking: 15 minutes | Servings: 4

INGREDIENTS

1 pound lean ground turkey
8 large Portobello mushrooms, stems removed
8 rings of red onion
1 cup arugula
1 cup frozen chopped spinach, thawed and squeezed dry
1/3 cup Kalamata olives, chopped
4 tablespoons tzatziki sauce
2 tablespoons EVOO
1 ½ teaspoons lemon zest
1 teaspoon garlic powder
¾ teaspoon salt, divided
½ teaspoon ground pepper, divided
½ teaspoon dried oregano



INSTRUCTIONS

Start by positioning your oven racks in the upper and lower thirds of the oven. Preheat the oven to 425 degrees Fahrenheit. Coat a baking sheet with cooking spray. In a medium bowl, combine turkey, spinach, olives, lemon zest, garlic powder, oregano, ½ teaspoon salt and ¼ teaspoon pepper. Mix well. Form your combination into 4 four-inch patties and place them on your prepared baking sheet. Brush oil all over the Portobello mushrooms, then sprinkle them with the remaining ¼ teaspoon each of salt and pepper. Place the mushrooms on a wire rack placed over a large, rimmed baking sheet. Place both baking sheets in the oven and bake, switching positions halfway through, until the mushrooms are soft and the burgers are cooked through, about 14-16 minutes. Place each turkey patty on a mushroom cap. Top each patty with 1 tablespoon tzatziki, ¼ cup arugula, and 2 onion rings. Place the remaining mushroom cap on top and enjoy!