



## Greek Turkey Burgers

### INGREDIENTS

1½ pounds lean ground turkey  
1 T minced garlic  
1 tsp ground cumin  
2 tsp dried oregano  
3 oz crumbled feta cheese  
1 c packed spinach, chopped

### DIRECTIONS

Add all ingredients to a mixing bowl and thoroughly combine. Separate the meat into 5 sections, then scoop out one, roll it into a ball, then flatten it to form a patty around 1½ inches thick. Repeat to make 5 patties of equal size.

Grill over medium to medium-high heat on one side for 3 to 4 minutes, flip and repeat until cooked through. Alternatively, bake at 425 degrees F on a sheet pan for 12 - 14 minutes.

Enjoy as a burger on a whole wheat bun with lettuce, cucumber slices, red onion, tomato, avocado and Greek yogurt or hummus. Or pair a patty with salad, brown rice, quinoa, chickpeas, roasted vegetables topped with greek yogurt and/or hummus.