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Mediterranean Greek Turkey Burgers with Tapenade

Ingredients

- 1 cup frozen chopped spinach, thawed
- 1 pound 93% lean ground turkey
- 1 cup crumbled feta cheese
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 small hamburger buns, preferably whole-wheat, split
- 4 tablespoons tzatziki or use (1 cup Greek yogurt with 1 T. Lemon juice)
- 12 slices cucumber
- 8 thick rings red onion (about ¼-inch)

Olive Tapenade:

- 1 cup pitted Kalamata olives, drained
- 2 Tablespoons olive oil
- 1 Tablespoon capers
- 1 Tablespoon lemon juice, about ½ lemon
- 1 Tablespoon lemon zest
- 1 Tablespoon fresh parsley, chopped
- ½ clove garlic, chopped.

Combine all ingredients in food processor until finely chopped.

Directions for Turkey Burgers:

1. Squeeze excess moisture from spinach. Combine the spinach with turkey, feta, garlic powder, oregano, salt and pepper in a medium bowl; mix well. Form into four 4-inch patties. Place patties on broiler pan. Cook under the broiler until cooked through and no longer pink in the center, 4 to 6 minutes per side. (An instant-read thermometer inserted



in the center should register 165°F.) Assemble the burgers on salad or buns, topping each with Olive Tapenade, 1 tablespoon tzatziki, 3 cucumber slices and 2 onion rings.

To make ahead: Prepare patties, wrap individually and refrigerate for up to 8 hours. Enjoy!