



## Greek Turkey Burgers with Green Beans

Prep Time: 15 min

Cook Time: 40 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

492 Calories

31.42g total fat

486mg sodium



### INGREDIENTS: \*\* *Items not included in kit*

- 1.5 lbs. ground turkey
- 1 cup chopped spinach, reserving the remaining leaves for burger topping
- Greek Burger Blend
  - 1 TB panko bread crumbs
  - 1/4 tsp oregano
- 1/3 cup crumbled feta
- Salt & pepper, to taste\*\*
- 4 TB olive oil (divided)\*\*
- 1 lb. green beans, washed & trimmed
- 1 cup diced onion
- 1 clove garlic, minced
- 1 large tomato, diced
- 1 tsp sugar\*\*
- Tzatziki Sauce
- 4 Hamburger Buns

### DIRECTIONS:

1. Turkey Burgers: Chop enough **spinach** to equal 1 cup, reserve the remaining spinach leaves to use to top burgers. In a large mixing bowl combine the **1 cup chopped spinach, ground turkey, Greek Burger Blend, 1/3 cup feta, 1/4 tsp black pepper, and 1 TB olive oil** and mix to combine well. Form into 4 burgers.
2. Preheat grill. Sear **burgers** on grill 3 min, until they have changed color about one-quarter of way up from bottom. Turn over; sear 3 min on other side. Turn again; reduce heat to MEDIUM-LOW. Cook 8-10 min more until internal temperature reaches 165 degrees. Transfer to clean platter. **OR** Preheat oven to 425 degrees. Lightly coat a baking sheet with **1 TB olive oil** and place burgers on baking sheet. Bake 20 minutes, flipping halfway or until internal temperature reaches 165 degrees.
3. Green Beans: Wash and trim the green beans. Heat **2 TB olive oil** in a large skillet over medium heat. Add the **diced onions and 1 clove minced garlic** to the skillet and cook stirring frequently for 3 minutes. Add the trimmed **green beans, diced tomato, 1 tsp sugar, pinch of salt and pepper, and 1/4 cup water**. Reduce heat to medium low, cover and continue cooking 15 minutes, or until beans are desired tenderness.
4. Serve burgers on **buns**, with **tzatziki sauce** and **remaining whole baby spinach leaves**, with a side of green beans.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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