



Greek Turkey Burger

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
 - 1/4 cup panko bread crumbs
 - 1/2 tsp oregano
 - 1/2 tsp garlic
- 1/3 cup crumbled feta
- Salt & pepper, to taste**
- 1 TB olive oil (divided)**
- 1 large tomato, sliced
- Tzatziki Sauce
- 4 Hamburger Buns

DIRECTIONS:

1. 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. Serve burgers on **buns**, with **tzatziki sauce** and **remaining whole baby spinach leaves, and sliced tomato**.

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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