

ANNA

Healthy Greek Turkey Burger With Feta Yogurt Dressing

It's a Greek salad in a bun, and with turkey...so healthy and delicious.

Ingredients

1 teaspoon extra-virgin olive oil
2 cups baby spinach
1 ½ pounds ground turkey
6 sun-dried tomatoes, chopped
3 green onions, chopped
Zest of 1 lemon
1 clove garlic
1 teaspoon sea salt
½ teaspoon freshly ground pepper
6 slider buns, halved, toasted
1 head butter lettuce leaves
1 red onion, thinly sliced
½ English cucumber, thinly sliced

Feta yogurt dressing

¼ cup crumbled feta
½ cup Greek yogurt
Juice of ½ lemon
½ teaspoon dried oregano

Directions

For feta yogurt dressing, in small bowl, combine all ingredients, mix well. Refrigerate until ready to use.

In sauté pan over medium-high heat, with olive oil cook spinach until wilted. Remove from heat and cool to room temperature, drain through fine-mesh sieve, chop roughly.

In large bowl, place all burger ingredients, mixing well to combine. Divide into 6 even-sized patties. Refrigerate until ready to grill. Can be made a few hours in advance.

Preheat grill to medium-high. Grill burgers for 5 minutes per side, flipping once, and cook until well-done. Let rest for a few minutes before serving.

To serve, place patties on slider buns, top with lettuce, red onion, cucumber and feta yogurt dressing. Serves 4 - 6.