

# Mediterranean Turkey Burgers

This flavorful Mediterranean turkey burger is especially refreshing topped with lemon dill yogurt sauce.

Makes: 5 servings

Prep time: 30 minutes  
Cook time: 15 minutes

Source: [budgetbytes.com](http://budgetbytes.com)

## Ingredients

### Lemon Dill Yogurt Sauce

- 1/2 cup plain Greek yogurt
- 1/2 Tbsp lemon juice
- 1/8 tsp garlic powder
- 1/8 tsp dried dill
- 1/8 tsp salt

### Turkey Burgers

- 19oz ground turkey
- 1/4 cup sun dried tomatoes
- 1/4 cup minced red onion
- 2oz frozen spinach (1 cup when frozen)
- 1/4 cup crumbled feta
- 1 tsp dried oregano
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1 Tbsp cooking oil

### For Serving

- 5 whole wheat hamburger buns
- 1/2 cucumber, sliced
- 5 lettuce leaves
- red onion slices

## Utensils Needed

- Sharp knife
- Cutting Board
- Mixing Bowl
- Small Bowl
- Measuring Cups
- Measuring Spoons
- Skillet
- Spatula



Small Changes,  
BIG Difference!



## Directions

1. Make the lemon dill yogurt sauce. In a small bowl stir together the Greek yogurt, lemon juice, garlic powder, dried dill, and salt. Cover and refrigerate until ready to use.
2. Prepare the add-ins for the turkey burgers. Finely chop the sun dried tomatoes, mince or finely dice the red onion, crumble the feta, and then thaw and squeeze all the moisture out of the frozen spinach (2 oz. will be about 1 cup when frozen, 1/4 cup when thawed and squeezed dry).
3. Add the ground turkey, sun dried tomatoes, red onion, feta, spinach, dried oregano, garlic powder, and salt to a bowl. Mix the ingredients together until evenly combined.
4. Divide and shape the turkey mixture into five burger patties. Make them flatter and wider than usual because they will shrink up and in as they cook.
5. Heat 1/2 Tbsp cooking oil in a skillet over medium. Once hot, add three of the turkey burgers and cook for 5-7 minutes on each side, or until browned and cooked through. Repeat with the remaining cooking oil and the rest of the burger patties.
6. To serve, smear some of the lemon dill yogurt sauce on a bun. Add a turkey burger, some sliced cucumber, lettuce, and sliced red onion then enjoy.

# SHOPPING LIST

Average total cost without oil and seasonings: \$22.62

Average cost/serving: \$4.52

Recipe Makes: 5 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Plain Greek Yogurt 5.3oz



Add 1 to Cart  
Feta Cheese Crumbles



Add 1 to Cart  
Lemon Juice



Add 1 to Cart  
Cucumber



Add 1 to Cart  
19oz Ground Turkey



Add 1 to Cart  
Hamburger Buns Whole Wheat



Add 1 to Cart  
Sun Dried Tomatoes



Add 1 to Cart  
Frozen Spinach 10oz



Add 1 to Cart  
Large Red Onion

## My Cooking Notes

### Nutrition Information

Serving Size: 1 burger

Nutrients	Amount
Calories:	324
Total Fat:	12.5 g
Saturated Fat:	2.5 g
Cholesterol:	150 mg
Sodium:	550 mg
Total Carbohydrates:	28 g
Dietary Fiber:	2 g
Total Sugars:	12 g
Protein	34 g