

Greek Turkey Burgers

Recipe of the Month – May 2012



Yogurt gives this burger a bone-building calcium boost.

Prep Time: 20 Min

Start to Finish: 20 Min

Makes: 4 sandwiches

INGREDIENTS

Yogurt Sauce

1/2 cup Fat Free plain yogurt (from 2-lb container)

1/4 cup chopped red onion

1/4 cup chopped cucumber

Burgers

1 lb. lean ground turkey

1/2 cup Fat Free plain yogurt (from 2-lb container)

1 teaspoon dried oregano leaves

1/2 teaspoon garlic powder

1/2 teaspoon salt

1/2 teaspoon pepper

4 whole wheat burger buns, split

DIRECTIONS

1. In small bowl, mix sauce ingredients; refrigerate until serving.
2. In medium bowl, mix all burger ingredients except buns. Shape mixture into 4 patties, about 1/2 inch thick and 5 inches in diameter.
3. Place patties on grill over medium heat on grill or in a pan on the stove. Cook 8 to 10 minutes, turning after 5 minutes, until thermometer inserted in center of patties reads 165°F. Serve patties in buns with sauce.

Recipe Provides: Grains 1oz-equivalents, Meat & Beans 3oz-equivalents

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Sandwich	Calories:	280	Calories from Fat:	70
Cholesterol:	75 mg	Total Fat:	7 g	Saturated Fat:	2 g
Sodium:	590mg	Dietary Fiber:	3 g	Total Carbohydrate:	21 g
Protein:	32 g	Sugars:	8 g		



Recipe adapted from www.eatbetterearly.com