



Unique Greek Turkey Burgers



1/4th of recipe (1 patty): 203 calories, 8g total fat (3g sat. fat), 420mg sodium, 3g carbs, 1g fiber, 1g sugars, 29g protein

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Prep: 10 minutes **Cook:** 20 minutes



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Ingredients

1/4 cup finely chopped onion
1 tsp. chopped garlic
4 cups chopped spinach leaves
1 lb. raw lean ground turkey
1/2 cup crumbled fat-free feta cheese
1/4 cup liquid egg whites (about 2 egg whites)
1/2 tsp. dried basil
1/2 tsp. dried oregano
1/4 tsp. each salt and black pepper

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Cook and stir onion and garlic until softened, about 4 minutes.

Add spinach to the skillet with onion and garlic. Cook and stir until spinach has wilted and excess moisture has evaporated, 3 to 5 minutes.

Transfer veggies to a large bowl and pat dry. Add all remaining ingredients and thoroughly mix. Evenly form into 4 patties.

Bring a grill pan (or skillet) sprayed with nonstick spray to medium-high heat. Cook patties for 5 minutes per side, or until cooked through. Chew!

MAKES 4 SERVINGS

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