

Greek Turkey Burgers with Tzatziki Sauce

Serves: 4 burgers

Ingredients

For the Turkey Burgers

1 pound ground turkey
1/4 cup red onion, minced
1/4 cup feta cheese, crumbled
2 cloves garlic, pressed or minced
1 egg, whisked
1/4 cup bread crumbs
1 teaspoon dried oregano
1/2 teaspoon each Kosher salt and
freshly ground black pepper
4 soft pitas or pita buns
Bibb lettuce leaves
Sliced cucumber + tomatoes



For the Tzatziki Sauce

1/2 english cucumber, halved with skin and seeds removed
3/4 cup plain Greek yogurt
2 cloves garlic, pressed or minced
1 tablespoon lemon juice
1 1/2 tablespoon fresh dill, minced
Pinch of kosher salt and freshly ground black pepper

Instructions

1. In a large bowl, add the ground turkey, red onion and feta. In a small bowl, whisk together the garlic, egg, breadcrumbs and dried oregano and kosher salt and freshly ground black pepper then pour over the turkey and mix with your hands to combine. Divide the burger mixture into 4 portions and mold into patties. Place on a cutting board or plate dividing the patties with parchment paper and refrigerated for 30 minutes up to overnight. You could also individually freeze the patties at this point for up to 3 months.
2. Prepare the tzatziki sauce by grating the cucumber. Gather the cucumber together and place in a paper towel and press the water out of the shredded cucumber and place in a medium size bowl. Add the yogurt, garlic, lemon juice, fresh dill, kosher salt and freshly ground black pepper and mix well. Cover and refrigerate for 30 minutes or up to 3 days.
3. Heat grill to medium heat, about 350 degrees.
4. Place the turkey burgers on the grill, cover with an upside down sheet pan or lid and cook for about 5 minutes per side. Be sure to watch the burgers and monitor your heat as the burgers will brown quickly if the heat is too high.
5. Slather buns with tzatziki sauce and garnish with lettuce leaves, cucumber and tomatoes. Enjoy!