

# Mediterranean Turkey Burgers



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### Ingredients

- $\frac{3}{4}$  cup reduced-fat (2%) Greek yogurt
- 2 Tbsp. fresh lemon juice
- 2 cloves garlic finely chopped, divided use
- $\frac{1}{4}$  tsp. dried dill weed
- $1\frac{1}{2}$  lbs. 93% lean ground turkey

- 1 medium red onion thinly slice half, finely chop half, divided use
- $\frac{1}{4}$  cup finely chopped sun-dried tomatoes
- 2 oz. frozen spinach thawed, squeeze out liquid using a kitchen towel, chopped
- 6 Tbsp. crumbled feta cheese
- 1 tsp. dried oregano
- $\frac{1}{2}$  cup whole grain bread crumbs
- 1 large egg
- Sea salt and ground black pepper to taste; optional
- 1 medium cooked beet sliced thin
- $\frac{1}{4}$  medium cucumber sliced thin





This meal can be served in many different ways! Enjoy!

This is taken from BEACHBODY ON DEMAND