

Greek Turkey Burger with Feta-Yogurt Sauce

Yield: 4 min
Total Time: 37 min

Recipe from: <https://www.recipeschoose.com/recipes/best-greek-turkey-burger-recipe>

Ingredients:

- 1 cup plain greek yogurt
- 1/2 cup crumbled feta cheese
- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic minced
- 1 teaspoon fresh lemon juice
- 1 pinch cayenne pepper
- salt to taste
- 1 pound turkey lean
- 1 cup baby spinach chopped
- 1 tablespoon capers
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 2 scallions chopped
- 3 cloves garlic minced
- 1 tablespoon Kalamata olives chopped
- salt
- black pepper
- 4 hamburger buns fresh, sandwich thins, or pitas
- tomatoes
- romaine lettuce
- peperoncini
- roasted red peppers

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 32 grams

3. Cholesterol: 100 milligrams
 4. Fat: 20 grams
 5. Fiber: 3 grams
 6. Protein: 33 grams
 7. SaturatedFat: 7 grams
 8. Sodium: 1000 milligrams
 9. Sugar: 8 grams
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