

Greek Spinach Feta Burgers with Cucumber Yogurt Sauce

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-spinach-tomato-rice-recipe>

Ingredients:

- 1/4 olive oil
- 1 clove garlic minced
- 1 teaspoon dried oregano
- 1 teaspoon dried dill
- 1 cup stuffing mix herb, I like Pepperridge Farm
- 2 eggs lightly beaten
- 10 ounces frozen chopped spinach 1 package, thawed and well drained
- 1/2 cup feta cheese crumbled
- salt
- pepper
- 4 whole wheat hamburger buns
- 1 red pepper I used red and yellow
- 1 red onion small, sliced thinly
- 1 tomato large, sliced
- feta crumbles extra
- red onions
- 1 container non fat greek yogurt small
- 1 cucumber small, chopped finely
- 1 garlic clove minced
- 1 1/2 teaspoons lemon juice
- salt
- pepper

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 79 grams
3. Cholesterol: 130 milligrams

4. Fat: 14 grams
 5. Fiber: 9 grams
 6. Protein: 25 grams
 7. SaturatedFat: 6 grams
 8. Sodium: 1800 milligrams
 9. Sugar: 17 grams
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