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## *Greek-Flavored Turkey Burgers*

Bursts of feta cheese, red onion, and fresh mint add spark to these flavorful burgers.

- \* 1 large egg white
- \* 1 cup chopped red onion
- \* 3/4 cup chopped fresh mint (I excluded the mint)
- \* 1/2 cup dry breadcrumbs
- \* 1/3 cup (about 1 1/2 ounces) crumbled feta cheese
- \* 2 tablespoons fresh lemon juice
- \* 1 teaspoon dried dill
- \* 1 pound ground turkey
- \* Cooking spray
- \* 4 (1 1/2-ounce) hamburger buns, split
- \* 1 (7-ounce) bottle roasted red bell peppers, drained and cut into 1-inch strips

Place egg white in a large bowl; lightly beat with a whisk. Add onion and next 6 ingredients (through turkey); stir well to combine. Divide turkey mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add patties to pan; cook 8 minutes on each side or until done. Place patties on bottom halves of hamburger buns. Divide peppers evenly among burgers; cover with top halves of buns.

Note: To freeze extra servings, wrap each uncooked patty individually first in plastic wrap and then in heavy-duty aluminum foil. Freeze for up to 2 months. To serve, thaw patties completely in refrigerator, and then cook and serve as directed.

Yield: 4 servings (serving size: 1 burger)

### NUTRITION PER SERVING

CALORIES 426(33% from fat); FAT 15.7g (sat 5.7g,mono 5.5g,poly 3.2g);  
PROTEIN 30.5g; CHOLESTEROL 101mg; CALCIUM 177mg; SODIUM  
790mg; FIBER 2.8g; IRON 4.5mg; CARBOHYDRATE 40g