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Greek Turkey (Or Chicken) Burgers

Ingredients:

93% lean ground turkey (or ground chicken) 2 lbs.
Reduced-fat feta cheese, crumbled 1 cup
Rolled oats 1/2 cup
Onion, chopped 1/2 cup
Egg 1 whole
Egg whites 2 large
Fresh mint, chopped (optional) 1/2 cup
Lemon juice 2 tbsp
Garlic, minced 3 cloves
Dried oregano 1 1/2 tsp
Pepper 1/2 tsp
Kosher salt (optional) 1/2 tsp

Directions:

1. Combine all ingredients in a large mixing bowl.
2. Mix until feta, oats, mint, and spices are evenly distributed, but don't over mix or your burgers may be dense.
3. Grill (or pan-fry) 4-6 minutes per side until browned, or until internal temperature reaches 165 degrees F. Enjoy!
4. Store in the fridge up to one week, or in the freezer up to one month.

Nutrition Facts:

Serving size: 1 burger
Recipe yields: 6 servings
Calories: 302
Fat: 14 g
Carbs: 7 g
Protein: 37 g