Greek Turkey Burgers

written by The Recipe Exchange | April 19, 2018

Ingredients

2 cloves garlic – minced
3 Tbls. chopped fresh mint
1 1/2 cups nonfat plain yogurt
1 1/2 lbs. lean ground turkey
1 Tbls. crumbled feta cheese
fresh ground black pepper – to taste
6 pita bread rounds – halved
1 1/2 med. tomatoes – sliced
1 1/2 med. red onion – sliced

Directions

Combine garlic and mint in a small bowl and mash.

Add yogurt, mix, and set aside.

Combine turkey and feta cheese in a mixing bowl. Form into 8 patties and sprinkle with pepper.

Broil 5-10 minutes per side or until turkey is cooked through.

Serve in pita bread with tomatoes, onions and yogurt sauce.