



Turkey Burgers With Tzatziki Sauce

Minted cucumber sauce known as Tzatziki transforms boring burgers into a flavorful exploration of Greek cuisine.

CACFP CREDITING INFORMATION

½ pita provides 1½ oz equivalent meat/meat alternate, ¼ cup vegetable, and 1¼ oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Yogurt, greek, plain, non-fat	8 oz	1 cup	1 lb	2 cup	<p>1 Preheat oven to 400°F.</p> <p>2 Prepare Tzatziki Sauce: In a medium bowl, mix ½ of yogurt, cucumber, mint leaves, and lemon juice. Chill sauce. Use for step 8.</p> <p>For 25 servings: makes 1½ cups 1 Tbsp. For 50 servings: makes 3 cups 2 Tbsp.</p> <p>Critical Control Point: Hold at 40°F or lower.</p>
*Cucumber, fresh, peeled, chopped	8 oz	1 cup	1 lb	2 cup	
Mint leaves, fresh, chopped		2 Tbsp 2 tsp		⅓ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Juice, lemon, fresh squeezed, seeds removed or lemon juice bottled		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Spinach, frozen, chopped	2 lb 7 oz	1 qt 1 ¼ cup	4 lb 14 oz	2 qt 2 ½ cup	3 Thaw, drain, and squeeze excess liquid from spinach. Yields: For 25 servings, about 2 cups. For 50 servings, about 4 cups.
Turkey, ground, fresh or frozen (at least 93% lean)	3 lb 3 oz		6 lb 6 oz		4 Prepare burgers: In a medium bowl, mix spinach, ground turkey, remaining yogurt, oregano, garlic powder, salt, and pepper.
Oregano, dried		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt, table		2 tsp		1 Tbsp 1 tsp	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	5 Shape into 3 oz rectangle patties to fit into pita pockets, about ¼" thick.
Nonstick cooking spray		1 spray		2 sprays	6 Line sheet pan(s) (18" x26" x 1") with parchment paper lightly coated with nonstick cooking spray. Place burgers on sheet pan(s). For 25 servings, use 1 sheet pan. For 50 servings, use 2 sheet pans.
					7 Bake for 20 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Tomato, fresh, 1/8" slices		25 slices		50 slices	
Pita, whole wheat (at least 70gm each)	10 oz	12½ each	1 lb 4 oz	25 each	9 Cut pita in half.
					10 Place a turkey burger and a tomato into each half.
					11 Top each burger with 1 tablespoon Tzatziki sauce.
					12 Serve ½ pita. Critical Control Point: Hold for hot service 140 °F or higher.



NUTRITION INFORMATION

For ½ pita.

NUTRIENTS	AMOUNT
Calories	198
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	43 mg
Sodium	436 mg
Total Carbohydrate	22 g
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	17 g
Vitamin D	N/A
Calcium	74 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Cucumber	10 oz	1 lb 4 oz
Tomato	12 oz	1 lb 8 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Variation

If ground turkey is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Store raw ground turkey at 40°F.

Tzatziki Sauce can also be served on the side.

YIELD/VOLUME

25 Servings	50 Servings
5 lb 13 oz 25 burgers	11 lb 10 oz 50 burgers