Turkey Burgers With Tzatziki Sauce

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

Makes: 6 servings   Prep time: 15 minutes   Cook time: 20 minutes

**INGREDIENTS**

**Tzatziki Sauce**

- **¼ cup** Greek yogurt, plain, non-fat
- **¼ cup** cucumber, fresh, peeled, chopped
- **2 teaspoons** mint leaves, fresh, chopped
- **1 teaspoon** lemon juice, fresh squeezed, seeds removed; or lemon juice, bottled

**Turkey Burgers**

- **1½ cups** spinach, frozen, chopped
- **13 ounces** ground turkey, fresh or frozen, at least 93% lean
- **1 teaspoon** oregano, dried
- **1 teaspoon** garlic powder
- **½ teaspoon** salt, table
- **½ teaspoon** black pepper, ground
- **6 slices** tomato, fresh, ⅛" slices (about 2½ oz)
- **3** whole-wheat pitas (at least 70 gm each)

Nonstick cooking spray

**DIRECTIONS**

1. Preheat oven to 400 °F.
2. Prepare Tzatziki sauce: In a small bowl, mix 2 Tbsp yogurt, cucumber, mint leaves, and lemon juice (makes about ¼ cup 2 Tbsp). Chill sauce. Cool to 40 °F or lower within 4 hours. Hold at 40 °F or lower. Use for step 11.
3. Thaw, drain, and squeeze excess liquid from spinach. Yields about ½ cup.
4. Prepare burgers: In a medium bowl, mix spinach, ground turkey, remaining yogurt, oregano, garlic powder, salt, and pepper.
5. Shape into 3 oz rectangle patties to fit into pita pockets, about ¼" thick.
7. Place burgers on baking sheet.
8. Bake for 20 minutes. Heat to 165 °F for at least 15 seconds.
9. Cut pita pocket in half.
10. Place a turkey burger and a tomato into each half.
11. Top each burger with 1 tablespoon Tzatziki sauce.

Critical Control Point: Hold at 140 °F or higher.
### NUTRITION INFORMATION

For ½ pita.

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<th>Amount</th>
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N/A=data not available.

**Source:** Team Nutrition CACFP Multicultural Recipe Project.

[https://teamnutrition.usda.gov](https://teamnutrition.usda.gov)

### CACFP CREDITING INFORMATION

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

### CHEF TIPS

**Variations**

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

Tzatziki sauce can also be served on the side.