



## 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

### the 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

- 1 ¼ 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

### the 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.
6. Coat baking sheet with nonstick cooking spray.
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.
12. Serve ½ pita.

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

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## NUTRITION INFORMATION

For ½ pita.

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

N/A=data not available.

*Source:* Team Nutrition CACFP  
Multicultural Recipe Project.

<https://teammnutrition.usda.gov>

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## CACFP CREDITING INFORMATION

½ pita provides 1 ½ oz equivalent meat/  
meat alternate, ¼ cup vegetable, and  
1 ¼ oz equivalent grains.

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## 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.