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

**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. Save remaining Tzatziki sauce for step 11 (makes about ¼ cup 2 Tbsp). Chill sauce. Cool to 40 °F or lower within 4 hours. Hold for cold service at 40 °F or lower.

3. Thaw, drain, and squeeze excess liquid from spinach. Yields about ½ cup.

4. 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.

**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
### NUTRITION INFORMATION

For ½ pita.

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

N/A=data not available.

Source: Team Nutrition CACFP Multicultural Recipe Project.

https://teamnutrition.usda.gov

### CACFP CREDITING INFORMATION

½ pita provides 1½ oz equivalent meat, 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.