Open Face Greek Turkey Burger

Recipe

Serves 6

Burger Patty
♦ 1 1/2 lb ground turkey
♦ 1/4 cup Italian parsley, finely chopped
♦ 4 cloves of garlic, pressed through garlic press
♦ 1 large red onion, diced, sautéed, and cooled
♦ 1/4 cup pitted green olives, chopped
♦ 1/4 cup pitted kalamata olives, chopped
♦ 1/4 cup roasted red bell peppers, diced
♦ 1 1/2 teaspoon dry oregano
♦ 1 1/2 teaspoon dried parsley
♦ 1 teaspoon dried basil

Serve With
♦ 1/2 cup crumbled low fat feta cheese
  (optional)
♦ Cucumber
♦ Tomatoes
♦ Spinach or lettuce
♦ Whole wheat buns
♦ ground black pepper, to taste

Directions
1. In a large bowl combine all the ingredients, except those to serve, and mix well.
2. Grill, or pan fry until cooked through.
2. Serve with optional ingredients. You can also mix the feta cheese into the patties
before cooking.

Nutritional Information

Nutrition
Serving Size: 149 grams (2 patties)
Calories 288
Calories from fat 140
Total Fat 15.6 grams (24%)
Saturated Fat 3.9 grams (20%)
Cholesterol 116 mg (39%)
Sodium 173 mg (7%)
Total Carbohydrate 3.8 grams (1%)
Dietary Fiber 0.9 grams (4%)
Sugars 1.1 grams
Protein 31.6 grams

Vitamins
Vitamin A: 6%
Vitamin C: 11%
Calcium: 5%
Iron: 16%

Good Points
Low in sugar
Very high in selenium

Nutrition Grade B-

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on April 20, 2012