

# Spinach Feta Turkey Burgers

## INGREDIENTS

1 lb of ground turkey

5 oz fresh baby spinach leaves

*(4 oz chopped for burger mixture; 1 oz saved to top burgers)*

3 oz crumbled feta cheese

*(save 1 oz to top burgers)*

1/3 cup sun-dried tomato pesto – *you could chop up sun-dried tomatoes, I find the consistency of the pesto was better*

¼ cup of plain breadcrumbs

1 egg

1-2 cloves of garlic

½ tsp of salt

¼ tsp of pepper

½ tsp of garlic salt

Quarter to roughly half of a red onion, finely chopped *(will also chop up some thin slices to top the burgers with later)*

Combine ingredients in a medium sized bowl saving some spinach leaves, feta cheese and sliced red onion to serve on top of the burgers once cooked.

Form into 5 patties and let chill in the refrigerator for an hour

Set the grill to medium-high heat

Cook on each side for 4 minutes then rotate 90 degrees and cook another 3-4 minutes (this will give you nice crisscross grill marks, then flip and do the same thing on the other side.

Serve on a brioche or hamburger bun and top with the spinach leaves, feta crumbles and red onion slices – you can even spread some sun-dried tomato pesto on the bun for added flavor!

