

LiveWell

Mediterranean-style smashed turkey burgers

Yield: 4 servings

**Ingredients:**

- 1 Tablespoon olive oil
- 1 pound ground turkey breast
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground cumin
- 1/4 cup fresh parsley, finely chopped, divided
- 4 whole-wheat pitas, 6-inch size (2 ounces each)
- Vegetable oil cooking spray
- 1 cup diced cucumbers
- 1 cup diced tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup diced red onion
- 4 Tablespoons tzatziki sauce
- 4 Tablespoons crumbled feta cheese

Directions:

1. In a large mixing bowl, combine olive oil, ground turkey, garlic, oregano, black pepper, cumin and 2 Tablespoons parsley and mix well. Divide the meat into 4 equal-sized balls. Place each ball in the center of a pita and set aside.
2. In a medium bowl, combine cucumber, tomato, red bell peppers, and red onion. Set aside.
3. Heat a large pan over medium to medium-high heat and coat with vegetable oil cooking spray. When the pan is hot, place the pita, meat side down, on the pan, smashing the pita evenly with a spatula or burger press until it's as flat as possible.
4. Cover the pan and allow to cook for about 3-5 minutes, until the meat is browned and fully cooked (internal temperature of 165° F). Flip the pita, cooking the other side for about 1 minute, until golden brown.
5. Remove from pan and top with 1 Tablespoon tzatziki sauce, 1/4 of the cucumber/tomato mixture, 1 Tablespoon of feta cheese crumbles and 1 1/2 teaspoons parsley.

Nutrition information per serving:

Calories: 405	Cholesterol: 73 mg
Fat: 11 grams	Sodium: 500 mg
Saturated fat: 8 grams	Carbohydrates: 40 grams

Fiber: 6 grams
Protein: 38 grams

Food exchanges:
2 carbohydrate,
2 vegetable, 5 lean protein