A Greek-Inspired Twist on the Burger

SHORT STORY

If you are craving a hamburger, but still want to keep your nutrition regimen up and your calories down, try this tasty twist on the burger! The pita bread and drizzle of tzatziki seals in the Greek culture and mouth-watering flavor.

OATH & GRIND
BY SUSAN HOFF

TIME
45 Min

SERVES
4 people

COOK
Grill

INGREDIENTS

Burger Meat

- 1lb ground turkey meat
- 1 tsp. oregano
- 1/4 cup plain Greek yogurt (or dairy-free alternative)
- 1/3 cup red onion, minced
- 1/4 cup crumbled feta cheese
- salt and pepper, to taste
- 2 Tbsp. water

Tzatziki Dressing

- 1/3 cup plain Greek yogurt (or dairy-free alternative)
- 1 garlic clove, minced
- 1/4 cup cucumber, finely chopped
- 1/8 tsp. dill
- 1/2 Tbsp. Sriracha sauce
- salt and pepper, to taste

Bun and Toppings

- 4 pita halves, warmed
- baby spinach
- tomato slices
- red onion slices

INSTRUCTIONS

1. Open your grill and oil the grates to help keep the turkey meat from sticking. Then, turn the grill on at a high heat.

2. In a large bowl, mix together the turkey meat, oregano, salt, pepper, yogurt, red onion, and feta.

3. Once well combined, form 4 turkey patties. Pat them together tightly and push your thumb into the middle to contain the juices inside the patty and prevent the turkey meat from crumbling.

4. Place the patties on the grill. Flip them once and take them off once they reach an internal temperature of 165°. This should take about 10-12 minutes.

5. Take the patties off the grill and let them rest.

6. While patties sit, combine the yogurt, garlic, cucumber, dill, Sriracha, salt, and pepper in a small bowl and mix well. Set aside.

7. Place the pita bread on the grill to warm for a few minutes.

8. Remove pitas from the grill and set on each plate.

9. Add the burger into the pita half and top with baby spinach, tomato, and red onion.

10. Drizzle the tzatziki dressing over the burger. Dig in!