

Healthy Greek Turkey Burgers

Ingredients:

- ½ c. plain fat-free yogurt
- 2 tbsp. plain fat-free yogurt
- 2 green onions
- ½ c. packed fresh mint leaves
- 1 lb. lean ground turkey
- 1½ oz. feta cheese
- 1½ tsp. ground cilantro
- 2 whole wheat pitas
- 2 tomatoes
- 1/8 teaspoon of salt
- 1/8 teaspoon freshly ground pepper

Directions:

1. Prepare outdoor grill for covered direct grilling on medium.
2. Combine the yogurt, the white parts of the green onions, and half of the chopped mint.
3. In a large bowl, use your hands to combine turkey, feta, cilantro, salt, pepper, green parts of onions, remaining mint and remaining yogurt. Mix well.
4. Form 3 half inch round patties (each about ¾ of an inch thick.)
5. Place patties on the grill and cover. Cook for 12 to 13 minutes.
6. During the last 2 minutes of cooking add pitas to grill.
7. Open the pitas and divide the burgers, tomato slices, and yogurt sauce between each.

Makes 4 servings

Recipe from delish.com.