

Greek Spinach Veggie Burgers

*All-Time Favorites 2012 Cookbook
Better Homes and Gardens Magazine*

Servings: 4

*1/4 cup olive oil
1 clove garlic, minced
1 teaspoon dried oregano
1 teaspoon dried dillweed
1/4 teaspoon black pepper
1 cup herb-seasoned stuffing mix
2 eggs, lightly beaten
1 package (10 ounce) frozen chopped spinach, thawed and well-drained
1/2 cup (2 ounce) feta cheese, crumbled
4 whole wheat hamburger buns, split and toasted
crumbled feta cheese (optional)
plain yogurt (optional)
sliced roasted red peppers (optional)
sliced red onion (optional)*

Preparation Time: 20 minutes

Cook Time: 8 minutes

In a medium bowl, combine the oil, garlic, oregano, dillweed and pepper. Stir in the stuffing mix to coat thoroughly. Stir in the egg, spinach and feta. Mix well.

Shape into four 1/2-inch-thick patties.

Heat a griddle or large nonstick skillet over medium heat. Add the patties. Cook for 3 to 4 minutes per side or until browned and heated through.

Serve on buns with assorted toppings.

Per Serving (excluding unknown items): 406 Calories; 23g Fat (50.6% calories from fat); 16g Protein; 35g Carbohydrate; 7g Dietary Fiber; 123mg Cholesterol; 629mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 4 Fat.

Sandwiches, Vegetarian

Per Serving Nutritional Analysis

Calories (kcal):	406	Vitamin B6 (mg):	.3mg
% Calories from Fat:	50.6%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	33.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	15.6%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	23g	Folacin (mcg):	155mcg
Saturated Fat (g):	8g	Niacin (mg):	1mg
			0mg

Monounsaturated Fat (g): 12g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 123mg
Carbohydrate (g): 35g
Dietary Fiber (g): 7g
Protein (g): 16g
Sodium (mg): 629mg
Potassium (mg): 423mg
Calcium (mg): 239mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 28mg
Vitamin A (i.u.): 9057IU
Vitamin A (r.e.): 943RE

Caffeine (mg):
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 2
Lean Meat: 1
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 406 **Calories from Fat:** 205

% Daily Values*

Total Fat	23g	36%
	Saturated Fat 8g	42%
Cholesterol	123mg	41%
Sodium	629mg	26%
Total Carbohydrates	35g	12%
	Dietary Fiber 7g	26%
Protein	16g	
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Vitamin A		181%
Vitamin C		47%
Calcium		24%
Iron		18%

* Percent Daily Values are based on a 2000 calorie diet.