

Greek Turkey Burgers

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Servings: 4

1 pound lean, ground white-meat turkey
2 scallions, finely chopped
1 clove garlic, finely chopped
1 small zucchini, grated
1 large egg white
1/4 cup fresh mint, sliced
1/2 teaspoon ground cumin
Kosher salt
pepper
4 teaspoons olive oil
1 tomato, chopped
1/4 small red onion, finely chopped
1 ounce feta cheese, crumbled
4 whole-wheat buns
lettuce

In a large bowl, combine the turkey, scallions, garlic, zucchini, egg white, mint, cumin, 1/2 teaspoon of salt and 1/2 teaspoon of pepper. Shape the mixture into four 1/2-inch-thick patties.

In a nonstick skillet on medium, heat two teaspoons of olive oil. Cook the patties until cooked through, 5 minutes per side.

Meanwhile, in a bowl, toss the tomatoes and onion with the remaining two teaspoons of olive oil and the feta.

Serve the burgers on buns with lettuce. Top with tomato-feta relish.

Per Serving (excluding unknown items): 227 Calories; 8g Fat (33.1% calories from fat); 8g Protein; 29g Carbohydrate; 5g Dietary Fiber; 6mg Cholesterol; 271mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat.