

Turkey burgers with sweet potato fries



Ingredients

For the tzatziki sauce

½ small Persian cucumber, peeled and seeded

Salt

Pepper

1 cup low-fat Greek yogurt

1 clove garlic, mashed to a paste

Zest and juice of ½ lemon

1 handful fresh parsley leaves, finely chopped

For the burgers

1 tablespoon olive oil, plus more for cooking

5 ounces baby spinach leaves

1 pound ground turkey (93 percent lean or more)

¼ cup crumbled feta cheese

2 cloves garlic, finely chopped

1 teaspoon grated lemon zest

1 tablespoon red onion, minced

For serving

4 whole wheat burger buns

Sun-dried tomatoes

Thinly sliced Persian cucumber

For the fries

2 sweet potatoes

1 tablespoon olive oil

1 teaspoon paprika

1 teaspoon cumin

1 teaspoon garlic powder

Salt

Pepper

Nutritional Information

(1 breast, ½ cup sweet potatoes and 2/3 cup green beans)

452 calories

16 g fat

33 g protein

11 g fiber

43 g carbohydrates

347 mg sodium

Directions

Preheat oven to 400 degrees.

To make the tzatziki sauce, shred the cucumber on the large holes of a box grater. Place the shredded cucumber in a colander in the sink, sprinkle with a pinch of salt and let drain for a few minutes.

In a small bowl, combine the cucumber, yogurt, 1 clove of garlic, lemon zest, lemon juice and parsley. Season with salt and pepper to taste. Cover and refrigerate until ready to serve.

Peel and slice sweet potatoes into sticks $\frac{1}{4}$ to $\frac{1}{2}$ inch wide and 3 inches long. Toss with olive oil, paprika, cumin, garlic powder, salt and pepper.

Place in a single layer on a parchment paper-lined baking sheet and cook for 15 minutes. Toss, then cook another 10 minutes.

In a sauté pan over medium-high heat, warm 1 tablespoon of olive oil. Add the spinach leaves and stir until wilted and tender, about three minutes. Transfer the spinach to a colander and allow to drain

until cool enough to handle. Squeeze to remove any remaining liquid from the leaves. Transfer the spinach to a cutting board and chop.

In a bowl, combine the turkey, spinach, feta, 2 cloves of garlic, red onion and 1 teaspoon lemon zest. Season with 1 teaspoon each of salt and pepper. With hands, mix gently to combine, handling the turkey lightly so it stays tender. Shape the mixture into four patties and place on a plate.

Heat a cast-iron skillet over medium-high heat. Pour 1 tablespoon of olive oil into the skillet. Once heated, place the patties on the skillet and cook for 10 minutes, turning once. The patties should be browned and no longer pink in the center.

Place the buns on plates and stack them with turkey burger. Top with 2 tablespoons tzatziki, cucumber slices and sun-dried tomatoes. Serve with hot sweet potato fries.