

Mediterranean Turkey Burgers

½ cup plain Panko breadcrumbs
¼ cup (1 oz.) crumbled Feta cheese
1 tbs. red onion, minced or shredded
2 tbs. green pesto
¼ tsp. Kosher salt
¼ tsp. freshly ground black pepper
1 garlic clove, minced
1 lb. lean ground turkey breast

Combine all ingredients except turkey breast in a large bowl; mix just until combined. Add in the turkey breast and use your hands to combine the mixture. Divide into 4 equal portions, and shape into patties. Place your thumb in the middle of each patty to allow for even cooking.

For indoor grilling:

Preheat the oven to 350.

Spray an oven-safe grill pan with cooking spray. Heat the pan over medium-high heat until the pan is hot enough so that if you drop a bit of water on it, you can hear a sizzle (about 5 minutes depending on your stove). Sear the burgers until brown on both sides (about 3 minutes per side). Only flip the burgers once during this time.

Once both sides are brown, transfer the pan (carefully) to the oven. Bake until burgers are cooked through (about 10 minutes). Allow to rest 5 minutes before serving.

For outdoor grilling:

Grill over medium-high heat until cooked through. Allow to rest 5 minutes before serving.

Garnish with Greek yogurt tzatziki sauce.

Cooked burgers can be wrapped in foil, placed in an airtight Ziploc bag, and stored in the freezer for up to 3 months. Just remove from the freezer the night before you'd like to eat them and allow them to thaw in the fridge.



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