



Mediterranean Turkey Burger

Total Time: 20 minutes

OptUp Score: 78

Ingredients:

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| 1 pound ground turkey | 1 large egg |
| 1 teaspoon dried oregano | 1 teaspoon dried mint |
| 2 tablespoons Parmesan, grated | 1/2 cup yellow onion, minced |
| 2 tablespoons hummus | Cucumber, (optional) |
| Tomato, (optional) | Kalamata olives, (optional) |
| Lettuce, (optional) | 1 tablespoon Kroger® Extra Virgin Olive Oil |
| 4 whole wheat pita breads, halved and opened or whole wheat pita flatbreads | |

Directions:

1. In a large bowl, combine the ground turkey, egg, oregano, mint, Parmesan & yellow onion. Form into four patties.
2. Heat a large skillet over medium heat with the olive oil. Cook each patty for 5-7 minutes on each side.
3. Place in a pita & add a smear of hummus. Serve with cucumber, tomato, kalamata olives & lettuce.
4. Serve and refrigerate leftovers.

Nutrition per Serving: total calories 420; total fat 16g; saturated fat 4g; cholesterol 125mg; sodium 270mg; total carbohydrate 35g; dietary fiber 5g; sugar .5g; protein 36g



This recipe follows the American Institute for Cancer Research's guidelines for cancer prevention

