



## Unique Greek Turkey Burgers



1/4th of recipe (1 patty): 203 calories, 8g total fat (3g sat fat), 420mg sodium, 3g carbs, 1g fiber, 1g sugars, 29g protein

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Purple Plan [SmartPoints](#)® value 4\***

**Prep:** 10 minutes    **Cook:** 20 minutes



Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

### Ingredients

1/4 cup finely chopped onion  
1 tsp. chopped garlic  
4 cups chopped spinach leaves  
1 lb. raw lean ground turkey  
1/2 cup crumbled fat-free feta cheese  
1/4 cup liquid egg whites (about 2 egg whites)  
1/2 tsp. dried basil  
1/2 tsp. dried oregano  
1/4 tsp. each salt and black pepper

### Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Cook and stir onion and garlic until softened, about 4 minutes.

Add spinach to the skillet with onion and garlic. Cook and stir until spinach has wilted and excess moisture has evaporated, 3 to 5 minutes.

Transfer veggies to a large bowl and pat dry. Add all remaining ingredients and thoroughly mix. Evenly form into 4 patties.

Bring a grill pan (or skillet) sprayed with nonstick spray to medium-high heat. Cook patties for 5 minutes per side, or until cooked through. Chew!

**MAKES 4 SERVINGS**

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.