

## Ingredients



### Ground Turkey

- 2 lbs. ground turkey
- 1 bunch of spinach, freshly chopped
- 1 tsp parsley, freshly chopped
- 8 oz feta cheese, crumbled
- 2 eggs
- 1 ½ tsp salt
- 3 tsp Mrs. Dash garlic blend
- 1 tsp onion powder
- ½ tsp Black pepper
- ½ c milk

### Other Ingredients

- 3-4 tbsp of olive oil for frying
- Brioche buns, buttered and toasted
- Pickled red onions (the recipe is below)
- Sliced cucumbers
- Tomatoes (optional)

### Tzatziki sauce

- 1 c whole milk yogurt
- 2 tbsp sour cream
- 2 tbsp lemon
- 2 cloves of garlic, crushed
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tsp dill
- ½ a cucumber grated (not shown in the video)



1. To a mixing bowl, add ground turkey, salt, black pepper, onion powder, Mrs. Dash garlic blend, feta cheese, spinach, eggs, & milk then mix thoroughly to combine. Allow resting before forming into patties.
2. Form ground turkey mixture into patties. Add olive oil to a pan & once hot, add patties, cooking until golden brown on each side.
3. For the tzatziki, mix, grated cucumbers, yogurt, sour cream, lemon, garlic, dill, salt, & black pepper until combined.
4. Butter brioche buns and toast. To assemble, Add tzatziki, chicken feta patty, topped with cucumbers & pickled onions, & more tzatziki! So delicious! I did some roasted rounds of sweet potatoes, seasoned with salt & black pepper as a side!

### Homemade Pickled Onions

- ¼ cup red onions, thinly sliced
- 1 ½ cups vinegar
- ½ cup sugar

Simmer vinegar & sugar over medium heat then, add to a mason jar. Add thinly sliced onions to the jar & allow to sit for 30 minutes. (you've just made pickled onions!)