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## **Greek Turkey (Or Chicken) Burgers**

### **Ingredients:**

93% lean ground turkey (or ground chicken) 2 lbs.  
Reduced-fat feta cheese, crumbled 1 cup  
Rolled oats 1/2 cup  
Onion, chopped 1/2 cup  
Egg 1 whole  
Egg whites 2 large  
Fresh mint, chopped (optional) 1/2 cup  
Lemon juice 2 tbsp  
Garlic, minced 3 cloves  
Dried oregano 1 1/2 tsp  
Pepper 1/2 tsp  
Kosher salt (optional) 1/2 tsp

### **Directions:**

1. Combine all ingredients in a large mixing bowl.
2. Mix until feta, oats, mint, and spices are evenly distributed, but don't over mix or your burgers may be dense.
3. Grill (or pan-fry) 4-6 minutes per side until browned, or until internal temperature reaches 165 degrees F. Enjoy!
4. Store in the fridge up to one week, or in the freezer up to one month.