

Recipe: Savory Turkey Burgers

Ingredients:

- 1 lb 93-99% lean ground beef
- ¼ cup feta cheese crumbles
- 1 cup fresh spinach, very finely chopped
- ½ cup mushrooms, very finely chopped
- 2 garlic cloves, finely chopped
- 2 tbs fresh chopped parsley

“Mush” all ingredients together in a bowl, and then form into 4 patties.

Grill until completely done.

Make a makeshift bun by carving out a lettuce wedge 😊.

Makes 4 burgers