



TZATZIKI TURKEY BURGER

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Lean Ground Turkey	4-5 Oz.	Salt and Pepper to Taste	
Dried Oregano	1 Tsp.	Greek Yogurt	½ Cup
Dijon Mustard	1 Tsp.	Cucumber, Finely Grated and Squeezed Dry	¼
Worcestershire Sauce (Optional, for depth)	1 Tsp.	Lemon Juice	1 Tsp.
Garlic Powder	½ Tsp.	Small Garlic Clove (or Garlic Powder)	1
Onion Powder	½ Tsp.	Salt to Taste	¼ Tsp.
Smoked Paprika	½ Tsp.	Optional: Dill	

SERVING SIZE

1

PREPARATION

- In a mixing bowl, combine ground turkey with oregano, Dijon mustard, Worcestershire sauce, garlic powder, onion powder, smoked paprika, salt, and pepper. Mix gently until just combined—do not overwork the meat.
- Form the mixture into one even patty.
- Heat a skillet over medium heat and cook the patty for 4-5 minutes per side, or until fully cooked through and reaching 165°F internal temperature.
- While the burger cooks, prepare the tzatziki: mix Greek yogurt, grated cucumber (squeezed dry), lemon juice, garlic, and salt until smooth and creamy.
- Let the burger rest for 2 minutes after cooking to lock in juices.
- Drizzle with tzatziki sauce and serve with lettuce, tomato, pickles, pickled onions, or whatever desired toppings