

My Big Fat Greek Burger

A 3oz Patty of Greek 'Loukaniko' Country Sausage, with Tzatziki Sauce and a Mound of Feta Cheese

Hoping to get a bite of this burger is the real reason the Persians went to war with the Spartans. My recipe is a flavor explosion not seen since the times of antiquity! A delicious Greek meat patty filled with artichoke, spinach, garlic, red wine, lemon zest & more, over fresh red onions, tomato and lettuce. It's covered in tzatziki sauce, with a salty & creamy feta cheese punch.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger



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- last checked 05/18/24 -
Listed Points **DO NOT INCLUDE BREAD!** Use whatever bread you want, then add my points.

Ingredients:

Greek Turkey Burger Patties **

- 3/4 batch of ground turkey 'Loukanio' mix, recipe on pg 25

Tzatziki Sauce (small batch of my regular recipe):

- 1/2 cup plain fat free Greek yogurt
- 1/4 cup peeled, finely diced cucumber
- 1/2 Tbsp lemon juice
- 1 tsp olive oil
- 1 small garlic cloves, crushed and minced
- 1/2 Tbsp fresh dill, finely chopped, packed
- 1/4 tsp fresh mint, finely chopped (optional)
- 1/8 tsp salt, or more to taste

Additional Ingredients:

- Shredded or chopped lettuce, any variety you want
- 1 medium red onion, sliced across into thin rings
- 2 Roma tomatoes, thin sliced
- 6 Tbsp reduced fat feta cheese, crumbled

Directions:

- 1 (Do Ahead): Mix together the tzatziki sauce ingredients, cover and set in the fridge for 1 hour, so the flavors can develop. Mix together the ground meat and set aside, letting it rest for at least 20 minutes.



- 2 (A) After the meat has rested, divide it into 4 sections and form (4) 3oz patties. (B) Preheat a pan over medium heat till water sizzles on the surface. Spray with cooking spray, place burger patties into pan and cook for 2.5 minutes per side. (C) While they are cooking, thin slice the onions and roma tomatoes. (D) Pull the tzatziki sauce out of the fridge and mix it one more time. If desired, toast your burger buns. I'd recommend scooping a little bit of bread from the top bun, so the toppings won't splurt out the side of the bun when you take a bite.



3 **(A) Assembly:** Place some of the shredded/chopped lettuce onto the bottom bun, followed by a few of the thin sliced red onions, then sliced roma tomatoes. **(B)** Next, place a burger patty on the tomatoes, followed by a 2 Tablespoon scoop of tzatziki sauce. **(C)** Measure and scoop 1-1/2 Tablespoons of feta cheese onto the tzatziki sauce, **(D)** then finish with the top bun. Opa!!!!

NOTES & SUGGESTIONS:

- **GREEK MIX:** The 'Loukaniko' is one of my newer meat mixes. It has amaaaazing flavor in my opinion. However, it DOES have a lot of ingredients. If you want to make things easier on yourself, just make a batch of my 'savory' mix. It'll still taste ok, it just won't be Greekugh to make Gus happy. If you go the 'savory' route, it will be easier to make... but it will 100% not taste as flavorful. No amount of Windex will fix that.
- **ROMA TOMATOES:** If you want to add a little bit of a savory depth of flavor to the burger, you can choose to roast, or pan sear the roma tomato slices. It'll add a nice flavor, but you WILL lose the crispness of the fresh tomatoes. Considering I modeled this burger after a Gyro wrap... the fresh produce is key for that.
- **FETA:** You can use reduced fat OR fat free feta. If you use Fat Free, you can use more feta per burger, however, the flavor is much more mild.
- **"IT'S OK, I MAKE LAMB":** "Hey, Daniel... minus the meat mix, this looks an awful lot like a burger version of a Greek Gyro!" Yup, that was what I was thinkin' when I made this thing. With the exception of using a Greek sausage meat mix for the patties, all of the rest of these ingredients are what can be found in a traditional Gyro sandwich. Lettuce, red onion, tomatoes, tzatziki sauce, feta cheese... In the words of Ian Miller's parents, Harry and Harry, "It's all Greek to me!"

"Oh, Taki... the turkey burger, it looks... Greek."

