[download pdf](#)

{'author': 'FoodieGeek', 'canonical_url': 'https://www.allrecipes.com/recipe/158968/spinach-and-feta-turkey-burgers/', 'category': 'Dinner', 'cook_time': 15, 'cuisine': 'Mediterranean Inspired', 'description': 'These spinach and feta turkey burgers are moist and easy to make in one bowl with simple ingredients, shaped into patties, and cooked on a hot grill.', 'host': 'allrecipes.com', 'image': 'https://www.allrecipes.com/thmb/cpf6Rics5oHGq1TZ1df5fEaImwM=/1500x0/filters:no_upscale():max_bytes(150000):strip_icc()/1360550-582be362ee99424bb4f363c2274 'ingredient_groups': [{'ingredients': ['cooking spray', '2 pounds ground turkey', '1 (10 ounce) box frozen chopped spinach, thawed and squeezed dry', '4 ounces feta cheese', '2 large eggs, beaten', '2 cloves garlic, minced'], 'purpose': None}], 'ingredients': ['cooking spray', '2 pounds ground turkey', '1 (10 ounce) box frozen chopped spinach, thawed and squeezed dry', '4 ounces feta cheese', '2 large eggs, beaten', '2 cloves garlic, minced'], 'instructions': 'Preheat an outdoor grill for medium-high heat and lightly oil the grate.\nMix together turkey, spinach, feta, eggs, and garlic in a large bowl until well combined; form into 8 patties.\nCook patties on the preheated grill on both sides until no longer pink in the center, 15 to 20 minutes. An instant-read thermometer inserted into the center of patties

should read at least 165 degrees F (74 degrees C).', 'instructions_list': ['Preheat an outdoor grill for medium-high heat and lightly oil the grate.', 'Mix together turkey, spinach, feta, eggs, and garlic in a large bowl until well combined; form into 8 patties.', 'Cook patties on the preheated grill on both sides until no longer pink in the center, 15 to 20 minutes. An instant-read thermometer inserted into the center of patties should read at least 165 degrees F (74 degrees C).'], 'language': 'en', 'nutrients': {'calories': '233 kcal', 'carbohydrateContent': '2 g', 'cholesterolContent': '143 mg', 'fiberContent': '1 g', 'proteinContent': '27 g', 'saturatedFatContent': '5 g', 'sodiumContent': '266 mg', 'sugarContent': '1 g', 'fatContent': '13 g', 'unsaturatedFatContent': '0 g'}, 'prep_time': 20, 'ratings': 4.6, 'ratings_count': 857, 'site_name': 'Allrecipes', 'title': 'Spinach and Feta Turkey Burgers', 'total_time': 35, 'yields': '8 servings'}

FoodieGeek

- cooking spray
- 2 pounds ground turkey
- 1 (10 ounce) box frozen chopped spinach, thawed and squeezed dry
- 4 ounces feta cheese
- 2 large eggs, beaten
- 2 cloves garlic, minced

- calories: 233 kcal
- carbohydrateContent: 2 g
- cholesterolContent: 143 mg
- fiberContent: 1 g
- proteinContent: 27 g
- saturatedFatContent: 5 g
- sodiumContent: 266 mg
- sugarContent: 1 g
- fatContent: 13 g
- unsaturatedFatContent: 0 g