

• ENTREES •

Spinach, Feta, and Sundried Tomato Burgers

Recipe makes 4 servings (1 serving = 1 burger + bun)

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 large egg
- 1 lb. lean ground beef or ground turkey
- ½ cup thinly sliced baby spinach
- 1/3 cup chopped sundried tomatoes, packed in oil
- ¼ cup crumbled feta
- ½ tsp dried basil (optional)
- ½ tsp dried oregano (optional)
- ½ tsp sea salt
- 1 tbsp olive oil
- 4 hamburger buns (optional)
- Condiments of your choice

INSTRUCTIONS

1. Whisk the egg in a large bowl.
2. Knead in the meat, spinach, tomatoes, feta, and spices.
3. Divide mixture into 4 patties, and refrigerate for 1 hour to firm up.
4. Heat olive oil in a large frying pan over medium heat, until it shimmers.
5. Add patties to the pan, and cook for 5 minutes.
6. Flip and cook for another 5-7 minutes, or until they register 160 degrees with a meat thermometer.
7. Serve on buns (optional) with condiments.

NOTE: instead of hamburger buns, you may opt for Ezekiel bread or lettuce as a "bun"