

# Greek Feta and Spinach Chicken Burgers

for the burgers:

- Place a heavy bottomed skillet over medium-high heat. Add the olive oil and the spinach to the pan, cooking the spinach until wilted, stirring as needed. Once the spinach is cooked, remove it from the heat and allow to cool. Roughly chop the spinach and set aside.
- In a medium sized bowl, place the chicken, cooled spinach, feta cheese, oregano, garlic, red pepper chili flakes, salt and pepper. Wet your hands under some cool water, then use your hands to mix the ingredients together until completely combined. Separate the mixture into four equal portions and form them into burger patties.
- Preheat your grill.
- Once your grill is hot, place the burger patties on the grill. Cook them for five minutes before flipping them over to cook fully. The burgers should reach an internal temperature of 165 degrees.

for the tzatziki sauce:

- Place the Greek yogurt, cucumber, dill, lemon zest, salt and pepper into a bowl. Stir to combine. Set aside until ready to use.

Recipe from:

<http://girlontherange.com/mains/greek-feta-and-spinach-turkey-burgers/>

Total time: 25 minutes