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Ingredients

1 lb fat-free ground turkey
4 oz fat-free feta cheese
4 oz roasted red peppers, chopped
1 egg
1/2 tsp ground black pepper
1 tsp lemon juice
1/4 cup fat-free plain greek yogurt
4 whole-wheat hamburger rolls
1 cup baby spinach
1/2 cup cucumber slices

Directions

1. Warm a pan over medium heat and coat with cooking spray.
2. In a bowl, combine first 5 ingredients and shape mixture into 4 patties. Place in pan, cover, and cook for 7 minutes. Uncover, flip, and cook for 5 more minutes.
3. In another bowl, combine lemon juice with yogurt. Set aside.
4. Serve burgers on rolls, topped with yogurt sauce, spinach, and cucumber.