

January

# Know your Meats!

# Turkey Burgers

for a Fresh start!

from your Local Craft Butcher

**Not only is turkey meat lean, but it is also a good source of protein and also includes minerals and vitamins such as vitamin B6.**

## Healthy Makeover: Turkey Burgers

### Ingredients:

- ½ cup plain fat-free yoghurt
- 2 tbsp plain fat-free yoghurt
- 2 Scallions
- ½ cup packed fresh mint leaves
- 1lb lean lean turkey mince
- 1 ½ oz feta cheese
- 1 ½ tsp ground coriander
- 2 whole wheat pitas
- 2 tomatoes
- Pinch of salt and freshly ground black pepper

### Directions:

1. In a small bowl, combine 1/2 cup yoghurt, white parts of the scallions, and half of the chopped mint.
2. In a large bowl, combine turkey, feta, coriander, pinch of salt and freshly ground black pepper, green parts of the scallions, remaining mint, and remaining yoghurt. Mix well, then form into 4 round patties, each 1 inch thick.
3. Prepare the grill to a medium heat and place the burger patties under for a total of 12-14 minutes or just until the meat loses its pink colour throughout and be sure to turn once.
4. Open pitas. Divide burgers, tomato slices, and yoghurt sauce among pitas.

