

## **Turkey Pita Burgers**

These turkey burgers are delicious, light and healthy. The burger patty size is small, I serve 2-3 burgers per person with a side of mixed greens, sliced tomatoes and dijonaaise sauce with warmed pita bread for everyone to assemble their own pita burgers.

### **Ingredients**

3 pounds lean ground turkey meat  
1 ½ cups red onion, finely chopped (about 1 onion)  
1 ½ cups red bell pepper, seeded and finely chopped (about 1 bell pepper)  
2 tablespoons garlic, finely chopped (about 3 garlic cloves)  
1 tablespoon fresh chopped rosemary  
½ teaspoon dried basil  
1 ½ teaspoons salt + additional  
1 teaspoon black pepper  
5 tablespoons extra virgin olive oil + additional for cooking

### **Toppings**

Mixed Greens  
Sliced Tomatoes  
French Feta cheese, crumbled  
Dijonaaise- Mix equal portions of Dijon Mustard and Mayonnaise with a touch of olive oil  
Warmed Pita Bread

### **Preparation**

Heat 4 tablespoons olive oil in large scan pan or other large skillet on medium-high heat. Add bell peppers and onions, sprinkle with a pinch of salt and sauté until softened, about 5-7 minutes. Add garlic and sauté 2 minutes longer. Remove pan from heat and set aside to cool.

Place ground turkey in a large mixing bowl. Add basil, rosemary, salt, pepper, cooled bell pepper mix, and 1 tablespoon olive oil. Gently mix until ingredients are combined.

Form into ½ inch thick round 3x3 inch patties. Using the same large skillet; add enough olive oil to coat pan, about 4-5 tablespoons on high heat. Add patties, working in batches, about 5-6 patties per batch or enough to fill skillet without overcrowding. Cook 2-3 minutes per side until nicely browned, reduce heat to low and cook 2-3 minutes longer flipping once again until burgers are cooked thru. Repeat with remaining batches adding additional olive oil as needed.

Sprinkle hot burgers with generous amount of feta cheese. Spread dijonaaise inside warmed pita bread; add mixed greens, turkey burger and tomato slices.

\*Turkey burger mix can be made one day ahead and refrigerated for up to two days. You may form patties as needed before cooking.

\*Makes about 16 burgers