



# Turkey Burgers With Tzatziki Sauce

Minted cucumber sauce known as Tzatziki transforms boring burgers into a flavorful exploration of Greek cuisine.

### CACFP CREDITING INFORMATION

½ pita provides 1½ oz equivalent meat/meat alternate, ¼ cup vegetable, and 1¼ oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Yogurt, greek, plain, non-fat	8 oz	1 cup	1 lb	2 cup	<p><b>1</b> Preheat oven to 400°F.</p> <p><b>2</b> Prepare Tzatziki Sauce: In a medium bowl, mix ½ of yogurt, cucumber, mint leaves, and lemon juice. Save remaining yogurt for step #11. Chill sauce.</p> <p>For 25 servings: makes 1½ cups 1 Tbsp. For 50 servings: makes 3 cups 2 Tbsp.</p> <p>Critical Control Point: Cool to 40°F or lower within 4 hours.</p>
*Cucumber, fresh, peeled, chopped	8 oz	1 cup	1 lb	2 cup	
Mint leaves, fresh, chopped		2 Tbsp 2 tsp		⅓ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Juice, lemon, fresh squeezed, seeds removed		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
OR					
Juice, lemon, bottled		1 Tbsp 1 tsp		2 Tbsp 2 tsp	<b>3</b> Prepare burgers:
Spinach, frozen, chopped	2 lb 7 oz	1 qt 1¼ cup	4 lb 14 oz	2 qt 2½ cup	<b>4</b> Thaw, drain, and squeeze excess liquid from spinach. Yields:  For 25 servings, about 2 cups. For 50 servings, about 4 cups.
Turkey, ground, fresh or frozen (at least 93% lean)	3 lb 3 oz		6 lb 6 oz		<b>5</b> In a medium bowl, mix spinach, ground turkey, remaining yogurt, oregano, garlic powder, salt, and pepper.
Oregano, dried		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt, table		2 tsp		1 Tbsp 1 tsp	
Pepper, black, ground		2 tsp		1 Tbsp 1 tsp	<b>6</b> Shape into 3 oz rectangle patties to fit into pita pockets, about ¼" thick.
Nonstick cooking spray		1 spray		2 sprays	<b>7</b> Place burgers on sheet pan(s) (18" x 26" x 1") lined with parchment paper lightly coated with nonstick cooking spray.  For 25 servings, use 1 sheet pan. For 50 servings, use 2 sheet pans.
					<b>8</b> Bake for 20 minutes.  Critical Control Point: Heat to 165°F or higher for at least 15 seconds.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Tomato, fresh, 1/8" slices, halved		12½ half slices		25 half slices	
Pita, whole wheat (at least 70gm each)	10 oz	12½ each	1 lb 4 oz	25 each	<p><b>9</b> Cut Pita in half. Place a turkey burger and a tomato into each half. Top with 1 Tbsp Tzatziki sauce.</p> <p><b>10</b> Serve ½ pita.</p> <p>Critical Control Point: Hold for hot service 140°F or higher.</p>



## NUTRITION INFORMATION

For ½ pita.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>198</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	1 g
Cholesterol	43 mg
<b>Sodium</b>	<b>436 mg</b>
<b>Total Carbohydrate</b>	<b>22 g</b>
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>17 g</b>
Vitamin D	N/A
Calcium	74 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

## MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Cucumber	10 oz	1 lb 4 oz
Tomato	12 oz	1 lb 7 oz

## NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

### Variation

If ground turkey is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Store raw ground turkey at 40°F.

Tzatziki Sauce can also be served on the side.

## YIELD/VOLUME

25 Servings	50 Servings
5 lb 13 oz 25 burgers	11 lb 10 oz 50 burgers