

Burgers Made with Spinach, Lemon Zest and Garlic

by Dr. Preston Maring

One of the versions of turkey burgers I've offered in the past are a decadent version made with blue cheese (usually from Point Reyes Station here in West Marin — search for them on this site if you haven't yet tried them and add about 1/3 cup of minced fresh cilantro). Trying to get more veggies into our diets is always a goal so I was happy to find a way to incorporate spinach into a summer staple. These can be made with ground turkey or lean grass fed beef. By the time you add the spinach and other ingredients, a half cup measuring cup makes four burgers per pound of ground meat.

Servings: 6

Ingredients

1 1/2 pounds ground turkey or beef or a mixture of both
10 ounces baby spinach leaves
Zest of one lemon
3 garlic cloves, minced
1/2 tsp salt
1/4 tsp freshly ground black pepper

Directions

Fire up the grill. Saute the spinach in a little olive oil until it wilts. In a large bowl, mix the turkey or beef, spinach, lemon zest, garlic, salt, and pepper. There's something about seeing wide veins of green in these burgers that is very satisfying. Make healthier quarter pounders using the half cup measuring cup to get an equal amount per burger then flatten them on waxed paper. Grill them until done making sure you get those cool grill marks. Serve them, of course, on whole grains buns with whatever else you usually put on burgers.

Nutrition Information (per serving)

(does not include bun)

Calories: 183
Fat: 10 gm
Saturated fat: 3 gm
Trans fat: 0 gm
Cholesterol: 90 mg
Carbohydrate: 2 gm
Fiber: 1 gm
Sodium: 338 mg
Protein: 21 gm