

Greek Turkey Burger Sliders

Component: Meat/Meat Alt, Grain

Recipe Category: Sandwich

USDA Recipe modified

| | 50 Servings | | _____ Servings | | |
|--|-------------|-------------------------------|----------------|---------|--|
| Ingredients | Weight | Measure | Weight | Measure | Directions |
| Greek yogurt, plain, low-fat | 1 lb | 2 cups | | | <p>1. Prepare Tzatziki Sauce: In a medium bowl, mix 1/2 of yogurt, cucumber, mint leaves, and lemon juice. Save remaining yogurt for step #10. For 50 servings: makes 3 cups 2 tablespoons. Chill sauce.</p> <p>2. CCCP: Cool to 41 °F or lower within 4 hours.</p> <p>3. Prepare burgers. Preheat oven to 400 °F.</p> <p>4. Thaw, drain, and squeeze excess liquid from spinach. Yields: For 50 servings, about 4 cups.</p> <p>6. In a medium bowl, mix spinach, ground turkey, remaining yogurt, oregano, garlic powder, salt, and pepper.</p> <p>7. Shape into 4 oz patties. Place patties on sheet pan(s) lined with parchment paper lightly coated with nonstick cooking spray. For 50 servings, use 2 - 18" x 26" x 1" sheet pans.</p> <p>8. Bake for 20 minutes.</p> <p>CCCP: Heat to 165 °F or above for 15 seconds.</p> <p>9. Place a turkey burger and a tomato into each slider roll. Top with 1 tablespoon Tzatziki sauce.</p> <p>10. Serve immediately.</p> |
| Cucumber, fresh peeled, diced | 1 lb | 2 cup | | | |
| Mint leaves, fresh, chopped OR Mint leaves, dried, crushed | | 1/3 cup OR 1 Tbsp 1 tsp | | | |
| Lemon juice | | 2 Tbsp 2 tsp | | | |
| Spinach, frozen, chopped | 4 lbs 14 oz | 2 qts 2 1/2 cups | | | |
| Raw ground turkey, lean | 9 lb | | | | |
| Nonstick cooking spray | | 2 sprays | | | |
| Oregano, dried | | 2 Tbsp 2 tsp | | | |
| Garlic, powder (adjust/decrease as needed) | | 2 Tbsp 2 tsp | | | |
| Salt, table | | 1 Tbsp | | | |
| Black pepper, ground | | 1 Tbsp | | | |
| WGR slider rolls (minimum of 1 oz each) | | 50 | | | |
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Notes:

Nutrient information calculated using Food Processor. Nutrients calculated using 1.25 oz. slider roll.

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|---|
| Serving: 1 slider provides 2 oz meat, 1 oz grain |
| 1-2 years: ½ slider |
| 3-5 years: 1 slider |
| 6-18 years: 1 slider |

| Nutrients Per Serving | | | | | |
|-----------------------|---------|----------------------|----------------|----------------------|------------------------|
| Calories | 239 | Saturated Fat | 2.20 g | Iron | 2.79 mg |
| Protein | 21.02 g | Cholesterol | 61.33 mg | Calcium | 126.61 mg |
| Carbohydrate | 20.99 g | Vitamin A | 285.96 RAE mcg | Sodium | 416.89 mg |
| Total Fat | 8.95 g | Vitamin C | 3.00 mg | Dietary Fiber | 4.10 g (2016 = 1.45 g) |