Louisiana HARVEST of the MONTH

Greek Chicken Patties

Home Recipe

Serves: 4
Prep Time: 20 minutes
Cook Time: 35 minutes

Ingredients

For the Tzatziki:

- 2/3 cup plain nonfat Greek yogurt
- ½ medium cucumber, peeled, seeded, and finely chopped
- Juice of 1/2 lemon
- 3 cloves garlic, minced, divided
- 2 tsp finely chopped fresh mint
- 2 tsp finely chopped fresh dill
- 1/8 tsp salt
- 1/8 tsp ground white pepper

For the Patties:

- 1 pound ground chicken breast
- 3 ounces reduced-fat crumbled feta cheese
- 4 large kalamata olives, rinsed, patted dry, and minced
- 1 egg
- 1 tsp dried oregano
- ¼ tsp black pepper
- 2 cups mixed baby lettuce

Cooking Instructions

1) Combine yogurt, cucumber, lemon juice, 2 cloves garlic, mint, dill, salt, and white pepper in medium bowl; mix well. Cover and refrigerate until ready to serve.
2) Combine chicken, cheese, egg, olives, oregano, black pepper, and remaining 1 clove garlic in large bowl; mix well. Shape mixture into four patties.
3) Spray grill pan with nonstick cooking spray; heat over medium-high heat. Grill patties 5 to 7 minutes per side, or until cooked through (165°F).
4) Serve burgers with sauce and mixed greens.

Nutrition Facts

4 Servings Per Container
Serving Size 1 burger & 1/3 cup sauce (328g)

Amount Per Serving	
Calories	**290**
	% Daily Value *
Total Fat 15g	19%
Saturated Fat 5g	27%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 450mg	20%
Total Carbohydrates 9g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0.3mcg	2%
Calcium 230mg	15%
Iron 2.6mg	15%
Potassium 940mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Ground Chicken, Green Leaf Lettuce, Cucumber, Greek Yogurt, Feta Cheese, low fat, Eggs, Lemon Juice, Kalamata Olives, Garlic, Mint Leaf, Dill weed, Salt, Oregano, Black Pepper, White pepper
Contains: Milk, Eggs

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