

# Spinach & Cheese Stuffed Turkey Burger

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Cooking With Carolyn

## Ingredients

Yield: 4- 6 Ounce Burgers

4 Cups Fresh Baby Spinach, washed and drained  
1 to 3 Cloves Garlic, finely minced  
1½ Pounds Ground Turkey  
6 to 7 Tablespoons Extra Virgin Olive Oil or Oil of Choice, divided  
To Taste or 1½ Teaspoons Dried Thyme  
To Taste or 1½ Teaspoons Smoked Paprika  
To Taste or 1 Teaspoon Garlic Powder  
To Taste or 2 Teaspoons Kosher Salt  
To Taste or 1 Teaspoon Black Pepper  
To Taste or 1 Tablespoon Grand Diamond All Purpose Seasoning  
¼ Cup to ½ Cup Grated Cheese, your choice (Feta, Pepper Jack, Cheddar, etc.)  
4 Hamburger Buns, your choice  
Lettuce Leaves  
Tomato Slices  
Red Onion, sliced  
1 to 2 Avocados, sliced  
Condiments, your choice

## Directions

In a large skillet over medium-high heat, sauté the spinach in about 2 tablespoons of oil, more if the pan appears to be too dry, for 1 to 2 minutes. Add the garlic and continue to sauté until the spinach is completely wilted. Set aside to cool.

In a large bowl, combine the ground turkey, 3 to 4 tablespoons of oil and the spices. Mix well. (**Tip:** To ensure the meat is seasoned to taste, take a tablespoon of the meat and cook it. Taste it and adjust the seasonings if necessary.)

On a piece of parchment paper or cutting board, divide the meat into 4 equal parts, then divide each part into 2 patties, there should be 8 equal patties. Place some spinach in the middle of 4 patties and follow with 1 to 2 tablespoons of cheese. Cover each of the spinach/cheese patties with the remaining patties. Use your fingers to crimp the edges of each burger making sure they are completely closed and formed.

Cook the burgers on a stove top cast iron grill, counter top grilling appliance or in a skillet, with about 2 tablespoons of oil, over medium-high heat for about 6 minutes on each side. Once done, dress each turkey burger with the desired toppings and condiments.