

Greek Burgers



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Recipe by: Laura Vitale

Makes 4

Prep Time: 20 minutes
Cook Time: 10 minutes

Ingredients

For the burgers:

- 1 lb of Ground Beef or Lamb
- 2 Tbsp of Chopped Fresh Mint
- 2 Tbsp of Chopped Parsley
- 1 Tbsp of Chopped ORegano
- 2 tbsps of GRated Onion
- 2 Cloves of Garlic, grated
- Salt, to taste

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For the Sauce:

- 1 Seedless cucumber, peeled, grated and squeezed out of any excess water
- 1/2 cup of Plain Greek Yogurt
- 1 clove of Garlic, minced
- 1 tsp of Lemon zest and juice
- 2 oz of Crumbled Feta
- Salt, to taste

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Toppings:

- Pita Pockets
- Fresh Spinach
- Sliced Tomatoes

1) In a large bowl, mix together all the ingredients for the burgers, form them into 4 equal patties, pop them on plate, cover and refrigerate for about 20 minutes, meanwhile, make the sauce.

2) In a small bowl, stir together the cucumber, garlic, lemon zest and juice, yogurt and salt, then stir in the feta at the last minute.

3) Cook the burgers in a hot cast iron skillet or on the outdoor grill until desired temperature, serve in pita pockets with the tzatziki and spinach and tomato. SOOO YUMM!!

