

## Turkish Beef Burger

Conceived by former food blogger Renee Dobbs, this burger uses flavorful spices and couscous in its patty and is topped with a Greek yogurt and cucumber sauce. This burger brings Mediterranean flavors to life

## INGREDIENTS

1 pound Ground Beef (93% lean or leaner)  
 1/2 cup cooked couscous  
 1 egg  
 2 tablespoons finely chopped fresh mint leaves  
 2 teaspoons minced garlic  
 1 teaspoon grated lemon peel  
 1/2 teaspoon salt  
 1/2 cup Creamy Cucumber-Yogurt Sauce or prepared tzatziki sauce  
 4 whole-grain hamburger buns  
 2 cups romaine lettuce  
 4 slices red onion



30 Min



4  
Servings



42 Cal



31g  
Protein

## COOKING

1. Combine ground beef, couscous, egg, mint, garlic, lemon peel and salt in medium bowl, mixing lightly but thoroughly. Shape into four 1/2-inch thick patties. Place patties in center of grid over medium, ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, covered, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.

2. Prepare Creamy Cucumber-Yogurt Sauce. Place burgers on bottoms of buns. Top with lettuce and onion, as desired. Spoon sauce evenly over lettuce and onion slices. Close sandwiches.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		14g	122mg		41g	31g	1	0

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

Courtesy of BeefItsWhatsForDinner.com