

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 42 Cal 31g
 Servings 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		
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