

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



Dr. Sinatra's **LAMB BURGERS**

Greek yogurt with lemon and herbs brings a tangy twist to these delightfully different burgers. Make patties small enough so you can easily place them in pita pockets. Serves 4.

- 2-3 tablespoons organic olive oil
- 1 ½ pounds of organic or New Zealand (grass-fed) ground lamb
- 3 tablespoons Greek seasoning (1 teaspoon each of dried oregano, thyme, ground fennel seed, ground coriander seed, and sweet paprika)
- 2 teaspoons sea salt
- 1/8 teaspoon freshly ground pepper
- 1 cup organic Greek yogurt
- 3 tablespoons parsley, chopped
- 4 whole wheat pita pockets
- Grated zest of 1 small, organic lemon
- 1 organic yellow squash, sliced
- 1 organic zucchini, sliced

To prepare the burgers, mix together the ground lamb, Greek seasoning, salt, and pepper, then shape into 4 patties approximately $\frac{3}{4}$ inch thick. In a separate bowl, toss the zucchini and squash slices in olive oil and, if grilling them, spread out over a small metal baking pan or aluminum foil.

Heat grill to medium high and brush with olive oil; alternately, heat stove eyes to medium high and sauté the lamb patties in a tablespoon of oil. For medium-rare burgers, cook each side about 4 ½ minutes. When you turn the burgers, grill the vegetables alongside them, or sauté them for 4 -5 minutes in another pan.

While the burgers and veggies are cooking, combine the yogurt, parsley and lemon zest in a small bowl. Fill each pita with a lamb burger and a spoonful or two of yogurt on top. Serve each burger with a side of grilled squash and zucchini.