

Mediterranean Burgers

Hold the catsup and mustard! You won't need either on these deliciously different burgers. The tang of feta cheese + hint of fresh mint complement these grilled lamb or beef patties.

SOURCE: Better Homes and Gardens

Prep: 15 minutes Grill: 14 minutes

DIRECTIONS:

- 1 lb lean ground lamb or beef
- 2 tsp freshly ground black pepper
- 4 Lettuce leaves
- 4 Kaiser rolls, split
- 1/2 C crumbled feta cheese (2 oz)
- 4 tomato slices
- 1 TBS snipped fresh mint

DIRECTIONS:

1. Form ground lamb or beef into four 3/4"-thick patties. Press pepper evenly into patties. Grill patties on greased rack of uncovered grill directly over medium coals for 14-18 minutes or till thermometer registers 160° F, turning once.

2. Place lettuce on bottoms of rolls. Top with patties, feta cheese, tomato slices, mint + tops of rolls.

Makes: 4 servings.

[Nutritional facts per serving: calories: 435, total fat: 21g, saturated fat: 9g, cholesterol: 88mg, sodium: 535mg, carbohydrate: 33g, fiber: 1g, protein: 28g - Dietary Exchanges: 2 starch, 3 lean meat, 2 fat]