



Ontario Lamb Burgers in a Pita

These Middle-Eastern style burgers are delicious with some crispy lettuce and cool tzatziki, all tucked into a whole wheat pita.

Ingredients:

1 lb (450 g) ground Ontario lamb

- 1 small onion, finely chopped
- 1 clove garlic, finely minced
- 1/4 cup (45 ml) finely-chopped mint leaves
- 1/2 tsp (2 ml) ground cinnamon
- 2 tsp (10 ml) cumin
- 2 tsp (10 ml) paprika
- Salt and freshly-ground black pepper, to taste

Preparation:

In a medium bowl, combine ground lamb, onion, garlic, mint and spices. Form into 4 patties. Preheat barbecue to medium. Grill burgers 5 minutes a side, until fully-cooked. Serve in Middle-Eastern style pitas, on a bed of shredded lettuce. Drizzle with Tzatziki (a mixture of strained yogurt, minced garlic, lemon juice, grated drained cucumber, and salt & pepper to taste). Serves 4.

Per serving: Calories: 232 Protein: 19.5 g. Fat: 15.4 g. Carbohydrates: 3.3 g.
Saturated Fat: 6.2 g