

# Greek-Inspired Burgers with Herb-Feta Sauce

## INGREDIENTS

- 1 cup nonfat plain Greek yogurt
- ¼ cup crumbled feta cheese
- 3 tablespoons chopped fresh oregano, divided
- ¼ teaspoon lemon zest
- 2 teaspoons lemon juice
- ¾ teaspoon salt, divided
- 1 small red onion
- 1 pound ground lamb or ground beef
- ½ teaspoon ground pepper
- 2 whole-wheat pitas, halved, split and warmed
- 1 cup sliced cucumber
- 1 plum tomato, sliced

SERVINGS: 4  
TIME: 25 MINS



url: [www.eatingwell.com](http://www.eatingwell.com)

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## PROCEDURE

1. Preheat grill to medium-high or preheat broiler to high.
2. Mix yogurt, feta, 1 tablespoon oregano, lemon zest, lemon juice and 1/4 teaspoon salt in a small bowl.
3. Cut 1/4-inch-thick slices of onion to make 1/4 cup. Finely chop more onion to make 1/4 cup. (Reserve any remaining onion for another use.) Mix the chopped onion and meat in a large bowl with the remaining 2 tablespoons oregano and 1/2 teaspoon each salt and pepper. Form into 4 oval patties, about 4 inches by 3 inches.
4. Grill or broil the burgers, turning once, until an instant-read thermometer registers 165 degrees F, 4 to 6 minutes per side. Serve in pita halves, with the sauce, onion slices, cucumber and tomato.



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