

Mini Greek Lamb Burgers

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-lamb-burgers-recipe>

Ingredients:

- 1/2 English cucumber peeled, seeded, and grated, 3/4 cup
- 1/2 cup plain yogurt preferably whole milk yogurt
- 2 teaspoons fresh lemon juice
- 2 teaspoons chopped fresh mint
- 1 garlic clove small, minced
- pepper
- salt
- 1 1/2 pounds ground lamb
- 1/2 onion small, minced, 1/4 cup
- 1/4 cup fresh parsley chopped
- 2 teaspoons fresh oregano chopped, or 1 teaspoon dried
- pepper
- salt
- 4 pieces pita bread 6 inches each
- iceberg lettuce for serving
- 2 beefsteak tomatoes medium, sliced, for serving

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 130 milligrams
4. Fat: 40 grams
5. Fiber: 3 grams
6. Protein: 32 grams
7. SaturatedFat: 18 grams
8. Sodium: 510 milligrams
9. Sugar: 5 grams

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