

Lebanese-Inspired Chicken Burgers

Makes 4 burgers

1 lb. ground chicken
1/4 cup bread crumbs
2 heaping Tbsp. fat free plain yogurt
Juice of 1/2 lemon
2 cloves garlic, finely minced
1/8 tsp. cinnamon
1/2 tsp. dried thyme
1/2 heaping tsp. allspice
1/4 tsp. ground sumac
salt and pepper
4 mini whole wheat pitas, split and warmed

Tahini Yogurt Sauce

1/4 cup plain fat free yogurt (Greek is best because you don't sacrifice creaminess)
1 Tbsp. tahini
Juice of 1/2 lemon
1-2 cloves garlic, crushed or finely minced/pressed
salt and a just a little pepper

Make the sauce by combining all the ingredients. Allow the sauce to sit as you prepare and cook the burgers, so the flavors can marry.

To make the burgers, combine all ingredients and mix-but don't overmix. Form into 4 patties. Spray your grill or grill pan with some olive oil and grill the burgers for about 5 minutes per side, or until done.

Place the cooked patties in the pita pocket, along with any garnishes you'd like and top with the tahini-yogurt sauce.

Nutritional Information per Burger (using a combo of white and dark meat will increase the calories by about 100 and the fat by about 10g): Calories: 240 / Fat: 3.3g / Carbs: 23g / Protein: 31g

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