### Recipe For Health | MARCH 2013

# **LAMB BURGER**

If you're looking for a great burger recipe, you've found it! This juicy lamb burger can be paired with a delightful mint yogurt sauce on top.

by Corporate Chef Kurt Kwaitkowski

**Featured Food:** Lamb **Yield:** Makes 4 burgers

## **Ingredients**

1 lb. ground lamb 1 T. lemon juice

3 T. minced shallot Lemon zest from ¾ of a lemon

2 T. minced jalapeno pepper (seeded and deveined)  $\frac{1}{2}$  t. kosher salt 2 t. ground cumin  $\frac{1}{2}$  t. black pepper

¼ t. cayenne pepper

### **Preparation**

Place all ingredients in a bowl. Use your hand to mix ingredients together.

Form into four patties, about 4 ½ ounces each.

Place patties on a hot grill and cook for 2-3 minutes on each side. Be careful not to overcook. Serve with mint yogurt sauce.\*

### \*Mint Yogurt Sauce

1/3 cup Greek yogurt3Tablespoons crumbled feta cheese¼ teaspoon dried mint

1/4 teaspoon dried cilantro Salt and pepper to taste

In a small bowl, mix sauce ingredients. Let stand for at least a ½ hour before serving.