



GREEK BURGERS

By Dr. Cindy Tanzar
(Standard Plan or Maintenance)

This Greek burger recipe is sure to add a nice twist to your same-old-burger routine. It is packed full of flavor. You can make these burgers several hours in advance, and the flavors will be even better. This recipe makes 4 servings. One serving covers your protein and 1/4 cup cooked vegetable (on-plan).



INGREDIENTS

- 1 lb. ground beef, lamb or turkey (not the leanest)
- 1-2 Tbsp avocado oil
- 5 oz. fresh organic baby spinach leaves, chopped (best flavor); or
1/3 cup frozen, thawed chopped spinach
- 1/4 cup crumbled Feta (maintenance)
- 1/3 cup sun-dried tomatoes in olive oil, chopped (such
as Delallo or Mezzetta – no sulfites)
- 2-3 cloves garlic, minced
- 1 large pastured egg
- 1/2 tsp Pink Himalayan or Redmond's Real salt



Options:

- small-diced red onion, to taste
- Oregano or Greek seasoning, to taste
- Use Tzatziki Sauce as a topping – use the Genesis recipe (on-plan) or store-bought (maintenance)

INSTRUCTIONS

Add all ingredients to a large bowl, mixing lightly. Form into four patties and refrigerate for one hour (can skip this step, but it is helpful to keep the patties together when flipping).

Heat a large skillet over medium heat, then drizzle the avocado oil. Add the patties and brown very well (will look somewhat charred) on one side before flipping. Be careful to hold the burger together. Brown the other side (drizzle a bit more avocado oil, if needed), cooking to your desired doneness.

Top with Tzatziki sauce and other toppings, such as, lettuce, tomato, avocado and red onion; or a side salad with Greek dressing would be perfect with this burger.

GENESIS TZATZIKI SAUCE:

- 1 13.5-oz can coconut cream (not milk), well blended
- 2 organic cucumbers, peeled, seeded and small-diced
- 2 Tbsp. extra virgin olive oil
- 1/2 lemon, juiced
- 1 Tbsp. chopped fresh dill (or 1 tsp dried)
- 3 cloves of garlic, minced
- Pink Himalayan salt & ground black pepper, to taste

In a food processor or blender, add all the ingredients, pulsing/mixing until well-combined. Transfer into a dish, cover and refrigerate for at least one hour for the flavors to blend. If you don't have a food processor or blender, just mix very well by hand with a whisk in a medium-sized bowl.