

Mediterranean Chia Burgers



Is it a burger, or a sandwich? Whatever you want to call these flavorful bites, they're good...and good for you! Thin pita or whole grain bread replaces the big bun and adds fiber. The topping is healthy Greek yogurt and cool cucumber, and the burger patty is loaded with healthy spices and mild roasted pepper. Recipe makes 3 burgers.

Topping Ingredients

- 1/2 of a cucumber (diced)
- 1/4 cup low-fat Greek yogurt
- 1/2 tsp ground cumin
- 1 tsp lemon juice
- 1 tsp fresh mint
- 1 dash black pepper

Burger Ingredients

- 1/2 pound ground turkey
- 1 tbsp dry MySeeds chia seeds
- 1 tbsp chopped fresh mint
- 1 clove garlic
- 1/8 tsp black pepper
- 1 tbsp red onion (diced)
- 2 tbsp roasted red pepper (chopped)
- 2nd half of diced cucumber portion

First, mince the garlic, and chop the fresh mint leaves. Then dice the red onion and cut the roasted red peppers into small pieces. Peel and dice half of a cucumber. Set aside half of the diced pieces for the topping. In a large bowl, combine the ground turkey, all of the burger spices, the chia seeds, cucumber pieces and the roasted pepper pieces by kneading lightly by hand. Roll the burger mixture into 3 balls.

For the topping, add the remaining cucumber, Greek yogurt, and all topping spices to a small bowl. Stir together all of the topping ingredients with the Greek yogurt until everything is well covered.



When ready to cook, press the balls into flat patties and place on the grill. These will work on indoor or outdoor grills.

Once thoroughly cooked place the patty either directly onto the plate, or onto the thin bread of your choice. Top with the yogurt & cucumber topping, and you're ready to serve.

Cool with cucumber?

With their mild taste and crisp texture, cucumbers don't get as much positive press as some of the other vegetables. However, don't under-estimate this great green veggie. Cucumbers contain vitamin C, beta-carotene, and manganese. They also fight free radical damage with flavonoid antioxidants, including luteolin, quercetin, and apigenin.

Because they are about 95% water, they're automatically a low-calorie food. However, the water content of this vegetable is under study for reducing uric acid and inflammation in the body.