

Grilled Lamb Burgers with Green Onions in Pita



Ingredients

2 pounds ground certified halal American Lamb
1/2 cup finely chopped green onions
1 teaspoon cumin
1/2 teaspoon cinnamon
2 tablespoons lemon juice
1 1/2 teaspoons kosher salt
8 medium pita breads, whole wheat or regular, cut into halves
Olive oil for brushing

Cucumber Yogurt (optional)

2 cups finely chopped or shredded cucumber
2 cups plain yogurt
1 tablespoon crushed dried mint
1 clove garlic, finely grated
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a large bowl combine lamb, green onions, cumin, cinnamon, lemon juice and salt. Preheat grill or grill pan. Stuff the pita bread halves with the lamb mixture, spreading and filling to edges. Brush the pita on each side with olive oil and grill until the filling is cooked through and the pita brown and crispy, 5-7 minutes per side. Let cool 5 minutes before serving with cucumber yogurt sauce, if desired.

Cucumber Yogurt Sauce:

Drain cucumber of any liquid and combine with the yogurt, mint, garlic, salt and pepper. Serve chilled.

Servings: 6-8 | Prep Time: 15 minutes | Cook Time: 10 minutes