

Summer Veggie Hamburgers with Tzatziki



This recipe is a great way to include fresh, seasonal produce in a delicious way that everyone loves: the classic hamburger.

YIELD 6 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

12 oz. ($\frac{3}{4}$ pound)	Ground Beef, lean (90/10)
4 oz.	Mushrooms, minced
$\frac{1}{2}$ medium	Zucchini, grated (about 1 cup)
$\frac{1}{4}$ medium	Onion, small dice
1 each	Egg, lightly beaten
$\frac{3}{4}$ cup	Whole Wheat Breadcrumbs
1 Tbsp	Worcestershire Sauce
2 tsp	Cumin
1 tsp	Garlic Powder
1 tsp	Oregano, dried
$\frac{1}{2}$ tsp	Kosher Salt
To taste	Black Pepper
6 each	Sandwich Thins, whole wheat
1 cup	Spinach
1 each	Globe Tomato, sliced
$\frac{3}{4}$ cup	Cucumber Tzatziki (see separate recipe)

CHEF'S NOTES

This recipe really spotlights zucchini, a delicious summer squash. Yellow summer squash would also work well in this recipe.

Because this recipe includes egg, the burgers need to be cooked well (165°F) for best food safety. To test the temperature, use an instant read thermometer and place the probe at least 1 $\frac{1}{2}$ inches into the patties from the side. The burger patties will increase in temperature once they are removed from the oven, about 5°F. This is called carry over cooking.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. In a large bowl, combine the ground beef, diced/minced vegetables, egg, breadcrumbs, Worcestershire sauce and spices. Combine all of the ingredients together by hand until well mixed, being careful not to overwork the mixture too much (this results in tough, dense burgers). Divide the mixture evenly and shape into 6 - 4 oz. patties.
3. Spray the parchment lined baking sheet with pan spray. Place the burger patties on the sheet and then spray the tops of the burgers lightly. Place the burgers in the oven until they are browned and crispy on top and cooked through (to 165°F), about 15 minutes.
4. While the burgers are in the oven, toast the sandwich thins. Top the sandwich thins with the spinach, sliced tomato, cooked burger and 1 Tbsp of cucumber tzatziki sauce.

Nutrition Facts

6 servings per container

Serving Size 1 burger w/ 1 Tbsp sauce (217 g)

Amount per serving

Calories 290

% Daily Value *

Total Fat 8g 10%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 430mg 19%

Total Carbohydrate 38g 14%

Dietary Fiber 7g 26%

Total Sugars 5g

Contains less than 1g Added Sugars 1%

Protein 21g 42%

Vitamin D 0.23mcg 0%

Calcium 30mg 2%

Iron 2mg 10%

Potassium 500mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Health meets Food "Hidden Veggie Hamburger" (12/7/18)



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