

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	Whole Wheat Hamburger Buns
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 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 & 1 Tbsp tzatziki (276g)

Amount Per Serving

Calories **340**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 600mg **26%**

Total Carbohydrate 42g **15%**

Dietary Fiber 6g **21%**

Total Sugars 7g

Includes 4g Added Sugars **8%**

Protein 25g **50%**

Vitamin D 0.2mcg 2%

Calcium 190mg 15%

Iron 3.8mg 20%

Potassium 680mg 15%

* 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.

CONTAINS: MILK, EGG, ANCHOVIES, WHEAT

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



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