

Olympian Burgers

Total Recipe Time: 30 to 35 minutes



- 1 pound** ground beef (95% lean)
- 1/4 cup** low-fat or regular plain Greek-style yogurt
- 1/2 cup** olive tapenade, divided
 - 1** small sweet onion, thinly sliced
 - 1** small zucchini, thinly sliced
- 1/4 cup** crumbled feta cheese
- 4** whole-grain hamburger buns, split, toasted
- Fresh spinach leaves**

1. Combine yogurt and 1/4 cup tapenade in small bowl. Cover and refrigerate until ready to use.
2. Combine ground beef and remaining 1/4 cup tapenade in large bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.
3. Heat grill pan over medium heat until hot. Place patties in pan; cook 10 to 12 minutes until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Season with pepper, as desired. Remove; keep warm.
4. Add onion and zucchini to grill pan over medium heat; season with salt and pepper, as desired. Cook 5 to 6 minutes or until lightly browned and crisp-tender, turning occasionally.
5. Place 1 tablespoon cheese on bottom of each bun; top evenly with spinach leaves, onion, burger and zucchini. Spread 2 tablespoons yogurt mixture on cut side of each bun top. Close sandwiches.

Makes 4 servings



Funded in Part by the Beef Checkoff

