

Mediterranean Sliders

Serves 4-6

1 pound ground beef or lamb
1/3 cup minced red onion
1 Tablespoon fresh or 1 teaspoon dried oregano
¾ teaspoon salt
¼ teaspoon pepper
1 egg lightly beaten
¼ cup fine breadcrumbs
Slider rolls
Thinly sliced cucumber
Thinly sliced tomato
Greek yogurt

Directions:

1. In a large bowl combine meat, onion, oregano, salt and pepper. Add egg and bread crumbs and mix until combined.
2. Form into 8 – 10 thin patties. Grill over medium high heat until cooked through.
3. Prepare slider rolls with cucumber, tomato and yogurt. Add the warm patties and serve.

Recipe courtesy of Christina Dimacali, Clean Your Plate Chef Services and Cooking Instruction