

Lamb Burgers with Kalamata Olives and Mint Gremolata

Makes 6 servings

Total Time: 25 minutes

Nutrition Information Per Serving

358 calories, 30 g fat, 12 g saturated fat, 13 g monounsaturated fat, 2 g polyunsaturated fat, 83 mg cholesterol, 3 g carbohydrate, 0 g sugar, 2 g fibre, 20 g protein

Nutritional Bonuses: Excellent source of Protein, Selenium, Zinc, Vitamin B12, Vitamin C, Vitamin K, Niacin, ALA Omega-3

This simple, quick and delicious recipe will provide you with all of the health benefits of lamb... without the fussy preparation that often comes with cooking this healthy meat.

Ingredients

- 1/2 tsp. sea salt
- 1/2 tsp. dried organic oregano
- 1/2 tsp. freshly ground black pepper
- 1/4 c. fresh parsley, chopped
- 1 whole organic lemon, juice & zest
- 8 Tbsp. fresh mint, chopped
- 1/3 c. kalamata olives, chopped
- 1 Tbsp. organic extra virgin olive oil
- 1 ½ pounds grass-fed ground lamb
- 2 cloves organic garlic, minced



Preparation

1. First, prepare gremolata by combining mint, olive oil, parsley, garlic, lemon juice & zest. Set aside.
2. Prepare grill or grill pan to medium-high.
3. In a large bowl, combine the lamb, olives, salt, pepper and oregano.
4. Form patties that are ½ inch thick.
5. Cook the burgers for 3-4 minutes per side if using grill/grill pan or until it is cooked to your liking.
6. Serve with gremolata.

While mint is the traditional herbal pairing for lamb, cilantro is also delicious with this recipe. Serve with quinoa pilaf and sauteed kale for a nutrient-packed meal in under 30 minutes.