



Recipes

LEBANESE BURGERS

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| 1 1/2 lb (0.75 kg) lean ground beef | 1 tsp (5 mL) salt |
| 1/2 cup (125 mL) chopped fresh parsley | 1/2 tsp (2 mL) cayenne pepper |
| 1/4 cup (50 mL) finely chopped red onion | 3 pita bread, halved |
| 1 tsp (5 mL) cinnamon | Minted Yogurt Sauce, recipe follows |
| 1 tsp (5 mL) cumin | Shredded lettuce |
| 1 tsp (5 mL) paprika | |

Combine first 8 ingredients (beef through cayenne pepper). Shape mixture into 6 oval patties. Grill patties over medium heat on natural gas barbecue until completely cooked. Serve in pita halves with Minted Yogurt Sauce and lettuce. Serves 6.

Minted Yojurt Sauce

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|--|------------------------------------|
| 3/4 cup (175 mL) diced seeded Roma tomatoes | 2 tbsp (25 mL) slivered fresh mint |
| 1/2 cup (125 mL) diced seeded English cucumber | 1 clove garlic, finely chopped |
| 1/2 cup (125 mL) yogurt | 1/8 tsp (0.5 mL) salt |

Combine all ingredients. Cover and refrigerate for up to 1 hour. **Yield:** About 1 1/2 cups (375 mL).