



## LAMB MEDITERRANEAN RECIPE IDEAS

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From simple preparations to complex ethnic dishes, lamb can stand alone with a little salt or with layers of aromatic herbs and spices.

# Mediterranean Style Lamb Burgers

Recipe adapted from Weber Grill Restaurant



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*Delicious, nourishing, and easy to cook, a lamb burger can transform an otherwise ordinary backyard get-together into a truly special celebration.*

*Makes 8 patties*

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*570 calories; 36g fat; 90mg cholesterol; 970mg sodium; 37g carbohydrates; 6g fiber; 3 sugar; 27g protein*

## INGREDIENTS:

### *For the patty:*

- 2 lbs. ground lamb
- 2 tablespoons fresh oregano, chopped fine
- 1 tablespoon fresh rosemary, chopped fine
- 2 teaspoons fresh garlic, chopped fine
- 1 teaspoon ground black pepper

### *To Build the Burger:*

- Kosher salt (to season before cooking)
- Feta cheese
- 16 small, 4-inch pitas, no pocket, preferably whole grain
- Olive oil, for brushing
- Fresh spinach or arugula
- Pepperoncini
- Sun-dried tomatoes
- Skewer (for presentation)

## INSTRUCTIONS:

1. Place the lamb in a mixing bowl and sprinkle the seasoning over the lamb. Mix in the seasonings as gently as possible so you do not compress the texture too much, over mixing will make the patty chewy.
2. Divide the mixture into 6 even portions and shape into an oval; this will help it fit the shape of the pita. Do not press the patty too hard, just enough to shape.
3. Set up your grill for medium high direct heat about 350° F to 450° F
4. Season the patty with the kosher salt.
5. When the grill is ready, place the patties over direct heat and cook for 7 to 9 minutes with the lid closed.
6. During the last minute top the burger with the feta cheese to melt.
7. When the burgers are cooked to your desired doneness remove from the grill.
8. Brush the pitas with the olive oil and grill the pita.
9. To assemble place the pita on the plate, add 1/2 cup of spinach or arugula and top with the cooked patty. Finish with the dried tomatoes and close the pita securely with the pepperoncini skewer.

# Slow Cooker Moroccan Lamb Stew



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*Inspiring flavors, tastes, and preparations from around the world include ingredients that pair perfectly with lamb.*

Makes 6 servings

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*500 calories; 24g fat; 175mg cholesterol; 560mg sodium; 23g carbohydrates; 5g fiber; 59g protein*

## INGREDIENTS:

- 2 tablespoons olive oil
- Salt and pepper
- 2½ pounds lamb shoulder chops, bones removed, visible fat trimmed and cut into 1-inch chunks
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 1 tablespoon minced fresh ginger root
- 1 tablespoon cumin
- 2 teaspoons coriander
- ¼ teaspoon cinnamon
- ¼ teaspoon cayenne
- 1½ cups low-sodium chicken broth
- 1-14.5 ounce can diced tomatoes, do not drain
- 1-14.5 ounce can chickpeas, drained and rinsed
- ¼ cup raisins
- 6 ounces Swiss chard, spinach or kale (stems removed), roughly chopped

## INSTRUCTIONS:

1. Over medium heat, add 1 tablespoon oil in a large non-stick pan. Season lamb with salt and pepper and cook, in batches if necessary, until browned on all sides, about 6 minutes.
2. Transfer browned lamb to slow cooker.
3. Add remaining 1 tablespoon oil to pan (if necessary) then add onion, garlic, ginger, cumin, coriander, cinnamon and cayenne. Cook until softened, about 8 minutes.
4. Add broth and tomatoes and bring to a boil. Add mixture to slow cooker along with chickpeas and raisins. Cover and cook on low for 5 to 6 hours or high for 3 to 4 hours.
5. Remove lid and stir in chopped greens until wilted, about 1 minute.

Serve with whole-wheat couscous and a dollop of Greek yogurt.

# Lamb Pitas With Cucumber Mint Tzatziki



*A fun, Mediterranean dish to switch up your lunchtime routine! Make the tzatziki several days in advance and store in the fridge for a quick meal you can pull together in minutes.*

Serving Size: Makes 4 servings

Prep Time: 15

Cook Time: 10 minutes

*333 calories; 7g fat; 52mg cholesterol; 480mg sodium; 44g carbohydrates; 6g fiber; 25g protein*

## INGREDIENTS:

- 4, large 6- $\frac{1}{2}$ -inch whole wheat pita bread rounds
- 2 cups chopped or shredded romaine lettuce
- 1  $\frac{1}{2}$  cups small pieces leftover roasted boneless leg of lamb
- $\frac{3}{4}$  cup chopped tomato
- $\frac{1}{2}$  cup thinly slivered red onion

### Mint Tzatziki

- $\frac{3}{4}$  cup plain nonfat yogurt
- $\frac{1}{2}$  cup peeled, coarsely grated cucumber
- 1 tablespoon chopped fresh mint
- 2 cloves garlic, minced
- 2 teaspoons fresh lemon juice
- $\frac{1}{4}$  teaspoon kosher or sea salt

## INSTRUCTIONS:

1. Stir together all tzatziki ingredients in a small bowl; set aside.
2. Cut each pita round in half. Open carefully and fill with lettuce, lamb, tomato and onion. Serve with Mint Tzatziki Sauce.