

Olympian Burgers

ERIN OZMENT, Oklahoma

Total Recipe Time: 30 to 35 minutes
Makes 4 servings

1 pound ground beef (95% lean)
¼ cup low-fat or regular plain Greek-style yogurt
½ cup olive tapenade, divided
1 small sweet onion, thinly sliced
1 small zucchini, thinly sliced
¼ cup crumbled feta cheese
4 whole-grain hamburger buns, split, toasted
Fresh spinach leaves

Nutrition information per serving: 406 calories; 19 g fat (6 g saturated fat; 4 g monounsaturated fat); 74 mg cholesterol; 655 mg sodium; 30 g carbohydrate; 4.8 g fiber; 30 g protein; 7.3 mg niacin; 0.6 mg vitamin B6; 2.3 mcg vitamin B12; 5.3 mg iron; 34.0 mcg selenium; 6.4 mg zinc.

This recipe is an excellent source of fiber, protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc.



1. Combine yogurt and ¼ cup tapenade in small bowl. Cover and refrigerate until ready to use.
2. Combine ground beef and remaining ¼ cup tapenade in large bowl, mixing lightly but thoroughly. Lightly shape into four ½-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.

