

Feta Lamb Patties

Bring a little middle-eastern flavour to your next potluck. Feta cheese and a hint of lemon add a pleasant touch to these juicy lamb patties. Arrange on a bed of lettuce and garnish with lemon wedges.

Large egg, fork-beaten	1	1
Crumbled feta cheese (about 2 1/2 oz., 70 g)	1/2 cup	125 mL
Fine dry bread crumbs	1/3 cup	75 mL
Chopped fresh oregano leaves (or 1/2 tsp., 2 mL, dried)	2 tsp.	10 mL
Garlic cloves, minced (or 1/2 tsp., 2 mL, powder)	2	2
Grated lemon zest	1 tsp.	5 mL
Pepper	1/4 tsp.	1 mL
Lean ground lamb	1 lb.	454 g
Cooking oil	1 tbsp.	15 mL

Combine first 7 ingredients in large bowl. Add ground lamb. Mix well. Divide into 8 equal portions. Shape each portion into 1/2 inch (12 mm) thick patty.

Heat cooking oil in large frying pan on medium. Add patties. Cook for 3 to 4 minutes per side until no longer pink inside. Makes 8 patties.

1 patty: 183 Calories; 12.5 g Total Fat (5.1 g Mono, 1.3 g Poly, 5.1 g Sat); 74 mg Cholesterol; 4 g Carbohydrate; trace Fibre; 13 g Protein; 195 mg Sodium

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