

ROASTED GARLIC & QUINOA GREEK GARDEN BURGER



INGREDIENTS

- 1 (4 oz.) Roasted Garlic & Quinoa Patty, thawed
- 1 tsp. Vegetable oil or spray
- 4 oz. Whole wheat Focaccia bun/roll, split
- 2 oz. Butter or liquid butter alternative
- 1 ½ oz. Creamy Yogurt Dill sauce (use preferred brand or recipe below)
- ½ oz. Feta cheese, crumbles
- 1 oz. Cucumber (approx. 3 thin slices)
- 0.8 oz. Spinach Leaves (approx. 6 – 8 leaves)
- 1 oz. (2 thin slices) Tomato
- 3 Rings Red onion, sliced ¼" thick

PREPARATION

Heat Roasted Garlic & Quinoa patty on 350°F oiled griddle or skillet for 2 – 3 minutes per side until crispy and interior is 165°F.

Spread butter on both cut sides of bun, heat on griddle or in bun toaster.

Spread Creamy Yogurt Dill sauce on both sides of bun. Place feta, cucumber, spinach, tomato and onion on lower half, and heated patty on top.

Close with top of bun. Frill pick or skewer to secure.

CREAMY YOGURT DILL SAUCE

INGREDIENTS

- 3 ½ cups Yogurt, Greek style, drained
- ¼ cup Garlic, fresh, minced
- ¼ Red onion, chopped ⅛" or finer
- ¼ cup Dill, fresh or 1 Tbls. dried
- ¼ cup Mint, fresh or 1 Tbls. dried
- 1 Tbls. Kosher salt
- 2 tsp. Black pepper
- 2 Tbls. Olive oil

PREPARATION

Use well drained yogurt. Mix in all ingredients, blend well.

Place into a storage container. Label, date & refrigerate.

Gardenburger.