

Mediterranean Burger

Total Time: 20 minutes

Prep Time: 20 minutes

Eliminate the ho-hum of backyard barbecues with these veggie burgers topped with refreshing Tzatziki. For a vegan sandwich, omit the Tzatziki sauce and add slices of fresh cucumber, a sprinkling of fresh dill weed and a squeeze of fresh lime juice.

Ingredients

Tzatziki

½ cup plain fat-free Greek yogurt

½ cup seeded and finely chopped cucumber

⅓ cup finely chopped red onion

¼ cup sour cream

2 tablespoons chopped fresh dill weed

1 ½ tablespoons fresh lime juice

1 tablespoon olive oil

2 teaspoons chopped fresh parsley

1 teaspoon chopped fresh chives

Sandwich

1 MorningStar Farms® Veggie Lovers Vegan Burger (1/4 pound)

¼ cup baby arugula

1 Arnold® Potato Hamburger Roll, split

2 thin slices tomato

Directions

1. For Tzatziki, in small bowl stir together yogurt, cucumber, red onion, sour cream, dill weed, lime juice, oil, parsley and chives. Cover and refrigerate for up to 1 hour before using.
2. Prepare burger according to package directions.
3. Place arugula and burger on roll bottom. Top with tomato slices and 2 tablespoons of the Tzatziki. Add roll top. (Serve remaining Tzatziki on cold cuts or crackers.)

Yield: 1 sandwich; 1 serving (1 serving = 1 sandwich)