



# greek garden burger

SERVES: 4

PREP: 10 MINUTES

## ingredients

- 4 prepared vegetarian burgers
- 2 whole wheat pitas
- 20 Kalamata olives pitted and chopped
- 2 T. fat-free yogurt or sour cream
- 2 T. crumbled feta cheese
- 1 T. chopped green onion
- 1 tsp. fresh oregano or 2 tsp. dried oregano
- 1 clove garlic, minced

## preparation

- Cook vegetarian burgers according to package directions.
- Olive Garlic Sauce: in small bowl, stir together olives, yogurt, cheese, onion, oregano, pepper, and garlic.
- Serve burgers in whole wheat pitas with olive garlic sauce.

## tips

To deck out your burger as shown, add lettuce, cucumber, and tomato or red pepper!

**EXCHANGES:** 2 protein, 3 fat, ½ vegetable, 1 grain/starch

**NUTRITIONALS:** 315 calories, 18 g protein, 15 g fat, 19 g carbs, 6 g fiber