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## GRILLED SPICY LAMB BURGERS

Intermediate Lifestyle

### Ingredients

1 lb. ground lamb  
2 TBS chopped fresh cilantro  
2 TBS chopped fresh oregano  
1 TBS garlic, chopped  
1 TSP dry red wine  
1 TSP white wine vinegar  
1 TSP molasses  
1 TSP ground cumin  
1/4 TSP ground allspice  
1/2 TSP red pepper flakes  
1/2 TSP Morton's lite salt  
1/2 TSP ground black pepper  
4 whole wheat pita rounds

### Instructions

1. Preheat grill for medium heat.
2. Place the lamb in a large bowl, and mix with the cilantro, oregano, garlic, wine, vinegar, and molasses.
3. Season with cumin, allspice, red pepper flakes, salt, and black pepper, and mix well. Shape into 4 patties.
4. Brush grill grate with oil. Grill burgers 5 minutes on each side or until well done.
5. Heat the pita pocket briefly on the grill. Serve the burgers wrapped in pitas.

**Portion-Per-Serving Information:** (Yields 4 servings)

Serving = 1 burger + 1 pita = 1 PR, 1 G