

# Sacks of Snacks



Offering a hand up, not a hand out

May 10, 2024

May is National Hamburger month. If you have questions or concerns, call 926-1189 or email [mparcell@purdue.edu](mailto:mparcell@purdue.edu).

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Are you interested in learning more about feeding your family on a budget? Healthy living tips? Getting new family friendly recipes? Incentives and kitchen tools to make cooking more enjoyable? Purdue Extension-Dearborn County and the Indiana Nutrition Education Program (NEP) would like to help YOU learn about all these topics and more! Please contact Purdue Extension-Dearborn County at 926-1189 to schedule an appointment with Trena Jossart, our Nutrition Education Program Advisor, so that you can learn more about healthier eating, healthier cooking, and healthier living!

## OLYMPIAN BURGERS

1 pound ground beef (95% lean)  
1/4 cup low-fat or regular plain Greek-style yogurt  
1/2 cup olive tapenade, divided  
1 small sweet onion, thinly sliced

1 small zucchini, thinly sliced  
1/4 cup crumbled feta cheese  
4 whole-grain hamburger buns, split, toasted  
Fresh spinach leaves

Combine yogurt and 1/4 cup tapenade in small bowl. Cover and refrigerate until ready to use. Combine ground beef and remaining 1/4 cup tapenade in large bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch-thick patties. Heat grill pan over medium heat until hot. Place patties in pan; cook 10 to 12 minutes until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Season with pepper, as desired. Remove; keep warm.

### Cook's Tip:

- Cooking times are for fresh or thoroughly thawed ground beef. Color is not a reliable indicator of ground beef doneness.
- Add onion and zucchini to grill pan over medium heat; season with salt and pepper, as desired. Cook 5 to 6 minutes or until lightly browned and crisp-tender, turning occasionally.
- Spread 1 tablespoon yogurt mixture on the cut side of each bun, then add spinach to bottom bun. Place burger on top of spinach and add 1 tablespoon cheese; top evenly onion, and zucchini. Close sandwiches.

Source: Angie Horkan, with the Wisconsin Beef Council



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