



Lebanese Kafta

Hummus, Charred Roma Tomatoes, Pickled Onions, Middle Eastern Patty... Be Still Mi Habibi!

This is my favorite of all my burgers... admittedly, because I love Middle Eastern food. For this flavor-bomb of a burger, we have an insanely delicious middle eastern spiced patty, topped with pickled red onions and hummus... sitting on a dollop of even MORE hummus, charred roma tomatoes and chopped romaine lettuce. This baby has so much flavor, it's like going to a Kabab house and asking them to throw an entire shish kabab platter between two burger buns.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger



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1-1

- last checked 3/15/24 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Ground Turkey Kafta Patties:

- 3/4 batch of my ground turkey "Kafta", recipe on pg. 26

Low Point, Low Calorie Hummus: (make ahead of time)

- 1 cup of my low calorie/low point Hummus, recipe on pg 18

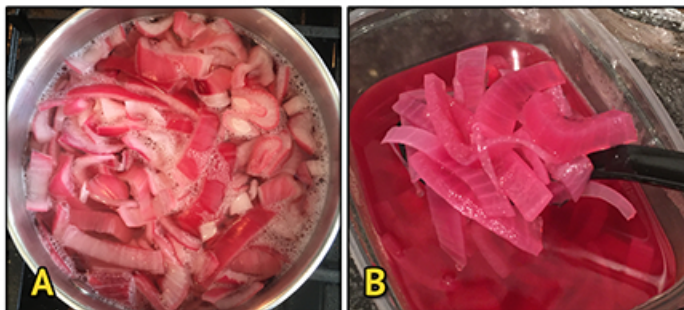
Pickled Red Onions: (make ahead of time)

- 1 medium red onion, quartered and sliced. The darker the reddish hue of your onion, the better.
- Distilled white vinegar, enough to cover the chopped onion

Additional Ingredients:

- 4-5 good sized Roma tomatoes. Each roma tomato is to be sliced into thick slices, around 1/2 thick. Each burger will get 2 or 3 slices, depending on your preference (I like three).
- Lettuce, any variety you want. I used 'Green Leaf' lettuce.

Directions:



- 1 (A) The night before you make the burgers, slice the red onion into quarters, then into thin strips. Place into a small pot and fill with enough white vinegar to cover the onions. Bring to a low boil for 5 minutes. Turn off heat and let it cool to room temperature. (B) Place the cooled onions and vinegar into a tupperware container. Close the lid and store overnight in the fridge. The longer they rest, the more vibrant the color gets. Tip: If you want them to get even redder, add the very dark, outer-most layer of onion, which you typically discard... into the vinegar mixture (discard them the following day).
- 2 Mix the batch of ground turkey kafta and form into (4) 3oz patties. Set aside to rest for 20-30 minutes. The longer you let the meat sit and rest, once mixed, the more flavorful it's going to get. Though it tastes great an hour after you mix it... if you let it sit overnight, it'll blow your mind. Adding the optional 'kitchen bouquet' browning & seasoning sauce into the ground meat mix, makes this mix actually end up tasting like ground beef kafta kababs. I highly recommend using it.



3 (A) Slice the roma tomatoes into 1/2" thick slices, you'll want 3-4 slices per burger. (B) Season with a little salt and some cracked or coarse black pepper, then spray with cooking spray. (C) Heat a large pan over medium-high heat, till water sizzles on it. Spray the hot pan with cooking spray, then place the tomato slices down, DO NOT MOVE THEM. Let them cook for 5 minutes, unmoved, so they develop char. Season the top with salt/pepper & more cooking spray. (D) Reduce heat to medium, turn slices over, cook for 3-4 more minutes. Remove from heat and set aside.

4 Clean out the pan, then preheat it again over medium heat till water sizzles on the surface. Spray with cooking spray, then add the kafta patties. Cook over medium heat for 3 minutes per side. Set aside.



5 To assemble your burger, first, toast your buns and scoop some bread out of the top bun. (A) Place some chopped lettuce onto the bottom bun, followed by 2 to 3 slices of roasted roma tomatoes. (B) Then, place a dollop of hummus on top of the tomatoes. (C) Place a Kafta patty onto the hummus, followed by some pickled red onions, which have been patted with a paper towel to remove excess vinegar. Place another dollop of hummus on top of the onions. (D) Cover with top bun. Done.

NOTES & SUGGESTIONS:

- **PEPPER:** I highly recommend using a decent amount of cracked black pepper on the tomatoes.
- **HUMMUS:** Don't want to use Hummus? Not a problem. You can replace it with a simple Middle Eastern seasoned quick tomato 'faux ketchup'. In a small pot, warm a 15oz can of tomato sauce and 1/2 tsp each: garlic powder, onion powder, ground cinnamon and ground allspice, as well as 1/4 tsp each: salt and pepper. Then, 1 Tbsp 0 calorie sugar replacement and 2 Tbsp apple cider vinegar. Warm it up, then let it cool to room temperature. Skip both dollops of Hummus in my burger directions... and instead:
 *Place the pickled onions directly on top of the burger patty, then drizzle a good 1-2 Tbsp of the spiced tomato sauce on top. Boom, done.
- **PICKLED ONIONS:** Don't want pickled onions? An easier, faster variation would be to simply thin slice some onion 'rounds', then, place some slices between the lettuce and tomatoes.
- **VINEGAR:** Though white vinegar gains points, we aren't counting points for the pickled onions in this recipe. Because, we aren't consuming that much vinegar, the onions are simply sitting in it, then being drained.

