Lebanese Kafta
Hummus, Roasted Tomato, Seasoned Patty... Be Still Mi Habibi!

These Kafta burgers are my favorite of ALL of the ones that I’ve made so far. The flavors are just so freaking amazing, it’ll blow your mind. We have an insanely delicious middle eastern spiced patty, sitting on a dollop of hummus, thin sliced red onion and lettuce. The patty is topped with thick slices of roasted roma tomato and is slathered with enough hummus to make a sultan sweat.

It’s like going to a Kabab house and asking them to throw an entire shish kebab dinner onto a burger bun. If I was on death row and told I could only have one burger before being zapped... I’d pick this one, twice.

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

Points:  
1 serving = 2 1 1  
2 servings = 5 1 1  
3 servings = 7 2 2  
4 servings = 9 2 2

(The GREEN points assume that you greenies are using my “green-friendly” hummus recipe, from cookbook 2. ALSO: These listed points DO NOT INCLUDE the bun. Use whichever bread buns or bread you want, then add these points)

Ingredients:

Ground Turkey Kafta Patties  
• 1/2 batch of my ground turkey “Kafta”, recipe in my “Cookbook: Volume 1” on page 29. (Halve the recipe).  
• Mix 1 Tablespoon of fat free plain greek yogurt into the raw meat mixture, for added moisture.

Low Point, Low Calorie Hummus  
• 1 cup of my low calorie/low point Hummus, recipe in my “Cookbook: Volume 2” on page 21. Members on the Green plan are to use my “Green Friendly” hummus recipe.

Additional Vegetables:  
• 1 medium red onion, thinly sliced across into thin rings  
• Lettuce, whichever variety you prefer. I used butter lettuce.  
• 4 good sized Roma tomatoes. Each roma tomato is to be sliced into thick slices, around 1/2 - 3/4 inch thick. 3 slices per burger.

Buns:  
• 4 low point burger buns. I was able to find 3 point buns at my local store.

Directions:

1. First thing’s first, the meat. Mix up a 1/2 batch of my ground turkey kafta, then cover it with plastic wrap and let it sit for 20 minutes. Once it’s rested, move it to a cutting board and form into a ball. If the meat is a little tacky, lightly spray it with cooking spray to make it easier to manage.

2. Slice the meat into 4 equal sections, then form each of the sections into patties. Set aside to allow the flavors to continue melding, as you prepare the rest of the ingredients.
3. Slice the red onion into thin slices, then set aside in a bowl. Wash off the lettuce and tear off a few good sized leaves. Pat them dry, with paper towels then set aside.

4. Preheat your oven to 425 degrees. Line a sheet pan with aluminum foil, then lightly spray with cooking spray. Turn on your oven’s Broiler setting, to High, then prep the tomatoes. (A) Slice the Roma tomatoes into thick, 1/2” slices. Lay the tomatoes on the pan, spray with cooking spray and season with salt and black pepper on both sides. (B) Broil on the top rack for 6 minutes, rotate pan, then broil for another 5-6 minutes. (C) Remove from oven once the tomatoes are showing signs of charring... you want that. Set aside.

5. While the tomatoes are roasting, Heat a large pan over medium heat. Spray with cooking spray, then take your rested kafta patties and cook them until cooked through and browned on both sides. Remove from pan, set aside.

6. Now that you have all of the ingredients together, let’s get to the best part, putting them together!

7. To assemble the burgers, first... toast your buns. Second, place some of the lettuce onto the bottom bun, then some red onion on top of the lettuce. Scoop 2 Tbsp of the low point hummus onto the red onions, then place a Kafta patty on top. Next, place 3 slices of the roasted tomatoes on top of the patty, then put 2 Tbsp of hummus on top of the tomatoes. Finally, cover with the top bun and enjoy. Belly dancing is optional, though it does give fit points.

NOTES & SUGGESTIONS:
- Yes, each burger has 1/4 cup of my hummus on it.
- I highly recommend using a decent amount of pepper on the tomatoes, it REALLY adds a great flavor when all the components are put together.
- Use whatever buns you wish. My points are calculated with the 3 points for the bun I used.
- Each burger patty measures in (raw) at around 3.5oz.