# GREEK BISON BURGERS

Here's a burger that not only tastes good but is good for you! It's loaded with protein and iron, great nutrition after a long workout to replenish your body, and something the whole family will love!

## Ingredients:




- 1 egg
- 1/2 cup crumbled feta cheese
- 1/4 cup almond flour
- 1T dried oregano
- 2 cloves garlic, minced
- 1/4 tsp sea salt
- 1/4 tsp ground black pepper
- 1 pound ground bison
- 4 whole-wheat pitas
- Avocados (optional)

## Directions:

Preheat the grill to medium-high. In a large mixing bowl, combine the egg, feta, almond flour, oregano, garlic, salt and pepper. Add the meat, combine and form into 4 patties. Grill the burgers, flipping once, until a thermometer in the center registers 160°F and the meat is no longer pink, 3–4 minutes per side. In the last minute, warm the pitas on the grill. Split the pitas and stuff each with a burger, and top with avocado.

NUTRITION PER SERVING:

Serves: 4 | Serving Size: 1 burger + 1 pita
Per serving: Calories: 434; Total Fat: 17g; Saturated Fat: 6g; Monounsaturated Fat: 4g; Cholesterol: 119mg; Sodium: 631mg; Carbohydrate: 38g; Dietary Fiber: 6g; Sugar: 1g; Protein: 35g

Reference: www.myfitnesspal.com