

Ishbel WELL



Lamb, Chimichurri, Collard Green Burger

Yields: 4 servings | **Prep Time:** 15 minutes |
Cook Time: 5

Ingredients

2 lbs grassfed ground lamb
4 large collard greens
1T garlic powder

Chimichurri Sauce

1 C fresh parsley
2 C arugula
3 cloves garlic
3/4 cup olive oil
1/3 cup apple cider vinegar
Pinch red pepper flakes
Salt and Pepper to taste

Instructions

- 1) Add garlic powder to lamb. Form ground lamb into 4 burgers.
- 2) Slice stems off of collard greens. Discard stems.
- 3) Bring 3 cups of water to a boil with a dash of salt.
- 4) Add collard greens to boiling water. Cook for 30-60 seconds or until slightly wilted and malleable.
- 5) Place collard greens in a bowl of ice water.
- 6) Combine all Chimichurri ingredients in a food processor. Blend well.
- 7) Wrap the lamb burgers in collard greens. Chimichurri sauce can be wrapped up in the collard green or served on the side.

Notes

Replacing a hamburger bun with a collard green wrap is an excellent way to increase your vitamin and mineral intake as well as balance your cholesterol.