

Tandoori Style Chicken Burgers

1-1/2 pounds ground chicken
4 scallions, thinly sliced
3 tablespoons chopped fresh ginger (from a peeled 2-inch piece)
2 tablespoons freshly squeezed lemon juice (from 1 lemon)
1 tablespoon paprika
2 teaspoons ground cumin
½ teaspoon ground cardamom
¼ teaspoon cayenne pepper
Coarse salt and ground pepper
Vegetable oil, for grates
6 (6-inch) whole-wheat pitas
1 cucumber (8 ounces), halved lengthwise and thinly sliced on the diagonal
½ cup fresh cilantro sprigs

Cumin Yogurt Sauce (recipe follows)
Watermelon slices (optional)

Directions:

Heat grill to medium-high. In a medium bowl, place chicken, scallions, ginger, lemon juice, paprika, cumin, cardamom, cayenne, 1-1/2 teaspoons coarse salt, and ½ teaspoon pepper; toss to combine. Set aside to marinate, at least 10 and up to 30 minutes.

Gently form chicken mixture into six patties.

Moisten a folded paper towel with oil; grasp with tongs and rub over grates. Season patties with salt and pepper; grill until opaque throughout, 2 to 3 minutes per side.

Cut the top of each pita off so that the opening will fit the chicken patties. Put in the cucumber slices, and cilantro sprigs. Serve with Cumin Yogurt Sauce and, if desired, watermelon slices.

Cumin Yogurt Sauce:

½ cup plain low-fat yogurt
Coarsely ground salt and ground pepper
½ teaspoon ground cumin

Directions:

In a small bowl, combine yogurt with the cumin. Season with salt and pepper.