

Lamb is a good dietary source of vitamin B<sub>12</sub> which plays an important role in brain health, the functioning of the nervous system, skin vitality and blood cell health. One in two people have the genetic variant that puts them at an elevated risk for vitamin B<sub>12</sub> deficiency.

## Mediterranean Feta Lamb Sliders

### Ingredients

1 pound ground lamb	6 fresh basil leaves
1 teaspoon dried oregano	1 red jalapeño pepper
Fresh cracked black pepper	4 garlic cloves
Flat leaf parsley	1 lemon
10 fresh mint leaves	1 cup feta cheese, crumbled

### Instructions

1. Roughly chop a handful of flat leaf parsley. Rinse off the mint and basil and set them aside. Using gloves, cut red jalapeño pepper stem off and remove the seeds.
2. In a food processor, place all herbs and pepper with fresh garlic cloves and a good two inch piece of lemon peel (zest).
3. Pulse several times and add to the ground lamb seasoned with fresh cracked black pepper and the dried oregano.
4. In the mixing bowl add the feta cheese crumbles and gently work the ingredients together thoroughly. Divide the lamb mixture into four portions, set aside.
5. Heat the grill to around 450° and then clean and oil it so burgers do not stick.
6. Grill for 3 minutes on the first side, flip and cook for 4 minutes then back over for 1 minute more. Remove from the grill and allowed them to rest for 10 minutes.
7. Serve and top with tzatziki sauce.



Source: <http://keviniscooking.com/mediterranean-feta-lamb-sliders/>

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