

THE GOODLIFE SOCIETY RECIPE COLLECTION

From the Dr. Kosta & Dave TV Show

LAMB PATTIES in PHYLLO

Ingredients:

1 lb ground lamb
2 eggs
½ cup minced basil
2 cloves minced garlic
¼ tsp cinnamon
¼ tsp cumin
ground pepper
½ cup chopped scallions
½ cup toasted pine nuts, chopped
1 cup Feta cheese, crumbled

Procedure:

- 1) Combine above ingredients and mix thoroughly. Form into patties. Sauté patties in olive oil coated skillet until firm. Sear both sides. Remove and set aside.
- 2) Separate phyllo dough sheets. Melt butter and coat four sheets of phyllo dough. Place lamb patty on phyllo. Top with 1 tsp crumbled Feta. Wrap phyllo over lamb patty making individual triangles. Butter outside thoroughly.
- 3) Bake in oven at 400 degrees for 20 minutes.