

Burger Bites

Courtesy of Carole's Creations

Prep Time: 30 minutes

Cooking Time: 5 minutes per batch

Makes: 30

CChints: These fun little burgers are perfect for that TV gathering around a sporting event. They are also fun for kids party and they are just their size. For small bunds we used small whole wheat pita breads that are about 2-1/2 inches in diameter. A 7 ounce bag contains about 15 and when you cut them in half you have about 30 burger bites. You will want to use the same condiments that you would put on a regular sizes burger, just in smaller amounts. You can cook the patties a day ahead but you want to under cook them. When you warm them up in a skillet or microwave, they will continue to cook the rest of the way.



2 pounds lean ground beef
1teaspoon onion salt
Dash of black pepper

1 teaspoon garlic powder
1 teaspoon smoked paprika
1 Tablespoon Worcestershire sauce

7 ounce bag mini whole wheat pita breads, we like Toufayan® Bakeries Pitettes®

Optional condiments:

Reduced fat mayonnaise

Prepared Mustard

2-4 Roma tomatoes, sliced about 1/4 inch

30 small pieces of lettuce about 2 x 2 inches

Dill pickle slices

Optional: for cheese bites - Cheddar cheese slices, cut into 4 pieces

In a mixing bowl, combine together the beef through Worcestershire sauce. Lay a piece of waxed paper or plastic wrap about 20 inches long on your work surface to put the patties on. Scoop about 2 tablespoons of meat and form a ball. Press down to make patties a little larger than the size of the buns to allow for shrinkage...less than 1/2 inch thick.

Lay out another piece of wax paper or plastic wrap large enough to assemble your burger bites. Cut each of the pita breads in half and lay them cut side up on your work surface. Apply mustard and/or mayonnaise to each piece of bread. If you are using lettuce on some, put that on next.

Heat a large nonstick skillet over medium high heat. When the pan is hot, lay several patties in the pan, being careful not to crowd the pan. Cook for 3 minutes and flip them over for 3 minutes or until the center of one is done to your desired color from medium to well done. Transfer them to a clean platter. Pour off any excess pan drippings and cook the next batch in the same manner.

Lay each of the cooked patties on a bun...Note: If you are making cheese burgers out of all or some, now is the time to place the cheese on the cooked patties.

Continue cooking the patties until they are all done. While you are waiting on each batch to cook you can start to add the condiments and place them on a serving platter. When the last batch is cooked, through away the work surface that touched all the raw beef patties.