FETA & SPINACH COUSCOUS PATIES

Yield: 4  Time: 40 min

Nutrition: 317 calories, 5 g fat, 5 g sugar, 35 g carbohydrates, 7 g fiber, 16 g protein, 494 mg sodium

INGREDIENTS:
- 1 cup water
- 2/3 cup whole-wheat couscous
- ½ cup nonfat plain Greek yogurt
- 2/3 cup shredded seeded cucumber
- ¾ tsp garlic powder, divided
- ¼ tsp salt
- ¾ cup silken tofu
- 1 10-oz package frozen chopped spinach
- 2/3 cup crumbled feta cheese
- ¼ cup snipped fresh dill
- ¼ cup minced red onion
- ½ tsp freshly ground pepper
- 2 tbsp. extra-virgin olive oil, divided
- 4 cups sliced or torn green leaf lettuce
- Grape tomatoes, halved, for garnish

DIRECTIONS:
1. Bring water to a boil in a medium saucepan. Stir in couscous, cover and remove from the heat. Let stand for 5 minutes.
2. Combine yogurt, cucumber, ¼ teaspoon garlic powder and salt in a small bowl.
3. Mash tofu with fork in a large bowl. Add spinach, feta, dill, onion, pepper, the remaining ½ teaspoon garlic powder and couscous; stir until well combined. Form into 8 patties, using about ½ cup for each.
4. Place baking sheet in oven and preheat to lowest setting. Heat 1 tbsp. oil in a large nonstick skillet over medium heat. Add 4 patties and cook, turning once, until lightly golden on both sides, about 6 minutes total. Transfer to the baking sheet. Repeat with the remaining oil and patties. Serve over lettuce, topped with yogurt and tomatoes, if desired.

Source: Zipongo