

CHEESEBURGER/ HAMBURGER

Ingredients

- 1 pound lean ground beef (90% lean) or ½ pound lean ground beef + ½ pound ground bison or 1 pound lean ground turkey
- 4 teaspoons Worcestershire sauce
- ¼ teaspoon salt
- 2 teaspoons black pepper
- 4 whole wheat hamburger bun

Optional Toppings

- 1 large onion, cut in half and sliced
- 1 tablespoon olive oil
- pinch of salt
- 4 thin slices cheddar or Swiss cheese
- 4 leaves romaine lettuce
- 4 tomato slices

SERVES 4

*Nutrition Facts (1 bison + beef burger with bun and toppings):
430 calories, 22g fat, 9g saturated fat, 510mg sodium, 28g
carbohydrates, 5g fiber, 32g protein*

Directions

1. In medium bowl, combine meat, Worcestershire sauce, salt, and pepper. Do not overmix. Shape into 4 patties and set aside.
2. If desired as topping, make caramelized onions. In dry skillet over medium heat, add onions and cook 1–2 minutes, stirring often. Add 1 tablespoon olive oil and season onions lightly with salt. Continue cooking for about 10 minutes, stirring often. Onions should caramelize evenly. Once light brown all over, remove from heat and set aside until ready to top burgers.
3. Heat grill or grill pan over medium-high heat and lightly brush with oil. Grill hamburgers 5–10 minutes on first side (5 minutes for rare, 10 minutes for well-done). Flip, top with cheese if using, and grill another 5–10 minutes (cheese will melt faster if grill lid is on or cover is used over grill pan). Remove burgers from grill and allow to rest for about 5 minutes, covered loosely in foil.
4. Toast burger buns, cut side down, on grill for ~2 minutes. Remove buns from grill. Place burgers on buns and top with onions, lettuce, and tomato, if using.

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