
Healthy Swaps All American Burger

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Recipe by: Chef Kelly Yorke

Fat adds flavor and juiciness to your hamburger. However, a typical big greasy hamburger contains a lot more fat than necessary and that extra fat contributes to clogging your arteries. This recipe is designed to cut the amount of fat without sacrificing delicious taste and tenderness.

Ingredients:

- 1 lb. Ground Beef, 93-95% lean (5%-7% fat) - preferably antibiotic and growth hormone-free produced beef
- 1/4 cup Onions, minced or grated
- 2 Tbsp. Oat Bran
- 1 Tbsp. Worcestershire sauce
- 1 tsp. Smoked Paprika powder
- 1/2 tsp. Ground Black Pepper
- 1 tsp. Garlic Powder
- 4 oz. Cheddar Cheese, 1 ounce slices or shredded
- 4 each Sandwich Thins Rolls, whole wheat variety or like whole-grain roll or bun

Directions:

1. Gently mix together the ground beef, onions, oat bran, Worcestershire, smoked paprika, pepper, and garlic powder until well distributed throughout the meat. Be gentle to not work the meat into a dense mixture as this will produce a tougher burger texture upon cooking.
2. Divide mixture into 4 equal portions and form each into a 1/2-inch thick patty that is slightly bigger in diameter than your buns.
3. Cook the patties on a greased and heated griddle on your barbecue grill or in a hot skillet until browned on both sides and at least 160° F or more, in the center. Top each patty with a slice of cheese and continue cooking until the cheese begins to melt.
4. Split open the buns and toast the cut surfaces on the barbecue grill or in a skillet just before serving. Place burgers in the toasted buns and serve with additional and optional toppings such as shredded lettuce, sliced tomatoes, pickle chips, ketchup and mustard.
5. Note: For optimum quality, grind your beef yourself. Purchase 1 pound of beef sirloin tip or flank steak and cut the meat into 1-inch chunks. Spread chunks out on a cookie sheet (chunks not touching each other) and freeze for about 15 minutes until meat begins to harden around the edges. Place chilled chunks in a food processor (in two batches) and pulse until chunks are ground into the consistency of coarse hamburger.

YIELD: 4 Servings

Per Healthy Swap Recipe: 453 Calories, 26g Carbohydrates, 6g Fat, 24g Protein, 6g Dietary Fiber, 37mg Cholesterol, 474mg Sodium

Per Regular Burger Recipe: 601 calories, 26g Carbohydrates, 41g Fat, 30g Protein, 2g Dietary Fiber, 123 mg Cholesterol, 956mg Sodium