



NUTRITION CONSULTING INC.

## Juicy Burgers for the Grill

*Makes 4 Servings*

*Serve these great homemade burger patties on a whole grain bun with lettuce, tomato, onions and a side salad. These are great served with baked oven fries or corn on the cob.*

### What You Need:

500 g (1 lb.) extra lean ground beef (alternatively try lean ground turkey or lean ground bison)  
1/4 cup bread crumbs  
1/4 cup onions, minced  
1 large egg  
1 tsp. Worcestershire sauce  
1/2 tsp. garlic powder  
Salt and pepper to taste  
Optional seasonings to try: cayenne pepper, Italian seasoning, cumin, chili powder, curry powder, basil, oregano, parsley or cilantro)

### How You Prepare:

1. In a large bowl beat egg slightly and add remaining ingredients and form into 4 patties that are 3/4 inch (2 cm) thick.
2. Heat oiled grill to medium-high and cook patties for 5-7 minutes each side until completely cooked (ground meat should never be eaten pink) and thermometer reads at least 160°F (71°C).



Time Saver! Make a bigger batch and freeze uncooked for a fast supper meal another day.

### Nutrition Information Per Serving:

Calories 249  
Carbohydrates 7 g  
Protein 29 g  
Fat 11 g  
Dietary Fiber 0.6 g

It's your **health.**



**Take a stand.**

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