



Build a Better Burger

New takes on America's favorite food

Nothing says summer like burgers on the grill. Check out our unique “no-bull” options with recipes sure to keep burger boredom at bay.

A Better Bison Burger

SERVES 4

Leaner than beef, bison is a rich source of iron and vitamin B12. But because it's so lean, it's best cooked rare or medium rare.

- ½ cup mayonnaise
- 1 tablespoon Dijon mustard
- ½ teaspoon oregano
- 1 tablespoon ghee
- 2 large onions, sliced
- ¼ cup dry red wine
- 1 pound ground bison
- 2 tablespoons shallots, minced
- ¼ teaspoon salt
- 4 slices Wisconsin white cheddar cheese

1 In a small bowl, whisk the mayonnaise, Dijon mustard, and oregano together until well-blended. Set aside.

2 Heat the ghee in a large skillet over medium heat. Add the onions, sprinkle with salt, and sauté for 25-30 minutes or until golden brown, stirring often.

3 Add the wine to the skillet and continue cooking the onions, stirring frequently, until the liquid has evaporated. Remove from heat and set aside.

4 Heat the grill to medium-high heat.

5 In a large bowl,

combine the bison, shallots, and salt, mixing well. Form into four ½-inch thick patties.

6 Grill the patties for 2-3 minutes on each side. After flipping the burgers, add a slice of cheese to each patty and cook until melted.

7 Serve the bison burgers on organic whole-grain buns and top with the sautéed onions. Serve with Dijon sauce.



Per serving:
Calories 446;
Total Fat 19g;
Carbs 16g;
Protein 27g;
Sodium 347mg;
Sugar 4g



Salmon Burgers with Dilled Cabbage Slaw

SERVES 4

Stock your pantry with the ingredients for this omega 3-rich spin on the traditional burger. Add a bag of pre-shredded cabbage from the produce department to make it a meal!

14 oz. bag shredded cabbage or coleslaw mix

1 cup full-fat canned coconut milk

¼ cup fresh lemon juice

2 teaspoons sea salt

1 teaspoon garlic powder

¼ cup + 2 tablespoons fresh dill weed

4 - 5 oz. canned skinless boneless wild-caught pink salmon

2 large eggs

½ cup almond flour

2 tablespoons fresh parsley, minced

1 tablespoon olive oil

1 Place the cabbage in a large bowl. Set aside.

2 Put the coconut milk, lemon juice, 1 teaspoon salt, ½ teaspoon garlic powder, and ¼ cup dill in a blender and process to combine. Toss with the cabbage and refrigerate until ready to serve.

3 In another bowl, combine the salmon, eggs, almond flour, parsley, the remaining salt, garlic

powder, and dill. Form four equal-sized patties.

4 Heat a skillet over a medium flame and add olive oil. Cook the burgers 2-3 minutes on each side until golden brown.

5 Divide the slaw between four plates. Top each plate with a salmon burger and serve.

Per serving: Calories 265; Total Fat 20.8g; Carbs 9g; Protein 12.6g; Sodium 1,106mg; Sugar 4g



Greek-Style Lamb Burger

SERVES 4

These Greek burgers are juicy and packed with healthy aromatics like oregano, garlic, red pepper, fresh mint, and parsley. Top with the olive-studded feta spread for an explosion of flavor. Opa!

½ cup mayonnaise

8 oz. feta cheese, crumbled

¼ cup roasted red peppers, chopped

½ cup kalamata olives, pitted and chopped

1 pound ground lamb

½ small red onion, diced

2 cloves garlic, minced

½ cup parsley, chopped

8 mint leaves, minced

½ teaspoon dried oregano

¼ teaspoon crushed red pepper flakes

½ teaspoon sea salt

¼ teaspoon freshly ground pepper

1 In a medium bowl, mix the mayonnaise, feta, red peppers, and olives until well-blended. Set aside.

2 Heat the grill to medium. Brush the grate with olive oil.

3 Mix the remaining ingredients together in a large bowl. Form four equal-sized patties.

4 Grill the patties, covered, for 4 minutes. Flip and grill on the other side for an additional 4 minutes or until done to your preference.

5 Serve with the sauce, shredded lettuce, and pita halves.

Per serving: Calories 506; Total Fat 32g; Carbs 12.9g; Protein 40.8g; Sodium 1,107mg; Sugar 5g