

Tuscan Burgers & Avocado-Tomato Spread

This tasty new way to top Ground Beef burgers is sure to please your crowd. Fresh avocado, sun-dried tomatoes and a touch of garlic brings this burger to new heights.

INGREDIENTS

- 1 pound Ground Beef (95% lean)
- 1 Fresh California Avocado, peeled and pitted
- 2 tablespoons finely chopped oil-packed sun-dried tomatoes
- 2 cloves garlic, minced
- 1/2 cup basil leaves, divided
- 1 teaspoon kosher salt
- 4 whole-grain hamburger buns, split
- 1/3 cup finely chopped fresh fennel bulb (core removed)



30 Min



4
Servings



42 Cal



31g
Protein

COOKING

1. Mash avocado in small bowl (should be chunky, not smooth). Add sun-dried tomatoes and half of garlic; mix well. Set aside.
2. Combine beef, remaining garlic, 2 tablespoons minced basil leaves and salt in medium bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.
3. Heat large nonstick skillet over medium heat until hot. Place patties in skillet; cook 10 to 12 minutes to medium (160°F) doneness, turning occasionally. Remove patties from skillet. Place buns, cut side down in skillet, cook 1 minute or until lightly toasted.
4. Place burgers on bottom of buns; top each with equal amounts avocado-tomato spread, fennel and remaining basil leaves. Close sandwiches.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		18g	76mg		32g	31g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

