

East Meets West Burgers

The American Burger is freshened up with tasty Asian-inspired ingredients like a sesame-soy mayo and a tangy slaw. This burger is definitely crave-worthy.

INGREDIENTS

- 1 pound Ground Beef (93% lean or leaner)
- 1/4 cup soft whole wheat bread crumbs
- 1 large egg white
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 4 whole wheat hamburger buns, split
- 1/4 cup light mayonnaise
- 1 tablespoon thinly sliced green onion, green part only
- 1/2 teaspoon reduced-sodium soy sauce
- 1/4 teaspoon dark sesame oil
- 1/8 teaspoon ground red pepper
- 1/2 cup romaine lettuce, thinly sliced
- 1/4 cup shredded red cabbage
- 1/4 cup shredded carrot
- 1 teaspoon unseasoned rice vinegar
- 1/4 teaspoon black pepper



45 Min



4

Servings



42 Cal





24g

Protein

COOKING

1. Combine Sesame-Soy Mayonnaise ingredients in small bowl; cover and refrigerate until ready to use.
2. Combine Slaw Topping ingredients in small bowl, cover and set aside.
3. Combine Ground Beef, bread crumbs, egg white, salt and 1/8 teaspoon black pepper in large bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.
4. Place patties on grid over medium ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, 7 to 9 minutes), until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. About 2 minutes before burgers are done, place buns, cut sides down, on grid. Grill until lightly toasted.
5. Spread equal amount of mayonnaise on bottom of each bun, top with burger. Evenly divide Slaw Topping over burgers. Close sandwiches.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		14.5g	81mg		26g	24g	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.

Courtesy of BeefItsWhatsForDinner.com