Red, White, and Blue Burgers
in a new light

Makes: 6 servings
Prep Time: 15 minutes
Cook Time: 12 minutes
Difficulty: Easy

Ingredients:
• 2/3 cup fresh or thawed frozen blueberries
• 2 tablespoons chopped onion
• 2 teaspoons Worcestershire sauce
• 2 garlic cloves
• 1/4 teaspoon dry mustard
• 1 pound extra-lean ground beef or bison
• 1/3 cup dried whole wheat bread crumbs
• 4 small (2-ounce) whole wheat rolls or split whole wheat English muffins
• 6 tablespoons crumbled blue cheese
• 6 thick tomato slices

Directions:
In a food processor, pulse blueberries, onion, Worcestershire sauce, garlic, and dry mustard until smooth.

Place beef or bison in a medium bowl and add the blueberry mixture and bread crumbs. With your hands, gently combine to mix. Shape into 6 (1/2-inch-thick) patties. With your thumb, press an indentation into the center of each burger (this helps them hold their shape as they cook).

Spray a nonstick grill pan or skillet with nonstick spray and set over medium heat. Place the patties in the skillet and cook until an instant-read thermometer inserted into the side of a burger registers 160°F, about 5 minutes per side. Top each patty with 1 tablespoon of the blue cheese and cook until the cheese begins to melt slightly, about 2 minutes longer.

Place the burgers on buns; top each with a tomato slice and serve at once.

Nutritional Information: Per serving (1 burger): 240 calories, 7 g fat (2.5 g saturated, 0 g trans), 45 mg cholesterol, 360 mg sodium, 25 g carbohydrate, 4 g fiber, 22 g protein.