

BISON BURGER

Serves 4

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INGREDIENTS

1 pound Ground Bison*
4 burger buns, split and toasted
Salt and pepper

DIRECTIONS

Shape Ground Bison into four 1/2 inch thick patties. Grill covered 4-6 inches above medium hot coals, turning once, just until the pink has disappeared. Season to taste with salt and pepper. Tuck into a toasted bun, top with your favorite condiments and enjoy.

NUTRITION

Per patty: 156 calories; 9.1 g fat; 30 mg cholesterol; 60 mg sodium.

*Ground Bison can vary in leanness. The above recipe is based on 92% lean Ground Bison. Ask your meat market for the lean content of their product: extra-lean 95% or greater; lean 90 to 95%; regular 85-90%.

