

Grilled Burgers

Servings: 4

Ingredients:

- 1 lb. extra lean hamburger
- 4 whole grain hamburger buns, toasted if you like
- $\frac{1}{2}$ tsp. onion powder
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ a sweet *onion*, sliced thin
- 1 large tomato, sliced thin
- 4 leaves of Romaine, washed and folded in half

Directions:

1. Mix the garlic and onion powder into the hamburger and form into four equal sized patties.
2. Cook on a hot grill to desired wellness.
3. Toast buns if desired.
4. Serve burgers on bun with lettuce, tomato and onion slices.

Optional Ad-ons:

- Ketchup - *20 calories per Tbl.*
- Mayonnaise - *35 calories per Tbl.* (Best Foods Light)
- Sliced dill pickle, or whole pickle on the side - *5 calories per single baby dill pickle*
- Slice of cheddar cheese - *115 calories/1 oz. slice*

Nutrition: (Serving size: 1 burger *without optional ad-ons*)

calories: 317 protein: 28.2g total carbohydrate: 27.3g total fat: 10.7g
sugars: 7g sodium: 284mg dietary fiber: 4.3g saturated fat: 3.9g