

Blue Cheese Burgers

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Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 25 minutes

Grill Time: 8 hours

1 1/4 pounds ground chuck
2 tablespoons Worcestershire sauce
1/2 teaspoon pepper
1/2 cup blue cheese, crumbled
1 red onion, sliced
1 tablespoon olive oil
4 sesame seed buns
1/2 cup baby spinach

Preheat the grill.

In a bowl, mix the ground chuck, Worcestershire sauce and pepper. Form into eight thin patties.

Place one tablespoon of cheese on four patties and sandwich each with the remaining patties.

Brush the onion with oil and sprinkle with salt and pepper.

Grill the onion and patties over medium for 8 to 10 minutes, turning once, until the onions are soft and a meat thermometer inserted into the center of each patty registers 160 degrees.

Build the burgers. Line the bottom of four buns with spinach. Place burgers on the spinach. Top with the remaining blue cheese, grilled onion and bun top.

Per Serving (excluding unknown items): 476 Calories; 37g Fat (70.9% calories from fat); 29g Protein; 5g Carbohydrate; 1g Dietary Fiber; 117mg Cholesterol; 370mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 5 Fat; 0 Other Carbohydrates.