

Parmesan Buffalo Burgers with Balsamic Ketchup

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Servings: 4

Preparation Time: 25 minutes

Start to Finish Time: 4 hours

1 tablespoon extra-virgin olive oil
1/4 teaspoon Kosher salt
1/4 teaspoon freshly ground black pepper
1 pound lean ground buffalo or bison
1 ounce (1/4 cup) Parmigiano-Reggiano cheese, grated
cooking spray
4 (1-1/2 ounce) hamburger buns, toasted
1 cup baby arugula
4 thin slices red onion
4 tablespoons Balsamic Ketchup (see recipe)

Preheat grill to high heat.

In a bowl, combine the olive oil, salt, pepper, buffalo meat and cheese. Divide the buffalo mixture into four equal portions, gently shaping each into a 1/2-inch-thick patty. Press a nickel-sized indentation in the center of each patty.

Place the patties on a grill rack coated with cooking spray. Grill for 3 minutes on each side or until the desired degree of doneness.

Place the bottom bun halves on plates. Top each with 1/4 cup of arugula, one slice of onion and one patty. Spread one tablespoon of ketchup on the top half of each bun. Place on top of the burgers.

Per Serving (excluding unknown items): 213 Calories; 6g Fat (24.2% calories from fat); 5g Protein; 35g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 360mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Vegetable; 1 Fat.