

# **Bacon and Cheddar Sliders**

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**Servings: 4**

**Preparation Time: 20 minutes**

**Start to Finish Time: 30 minutes**

**3 tablespoons shallots, minced**

**1 teaspoon Dijon mustard**

**12 ounces ground sirloin**

**3/4 teaspoon freshly ground black pepper, divided**

**cooking spray**

**2 ounces (about 1/2 cup) 2% reduced-fat sharp cheddar cheese, shredded**

**8 whole-wheat slider buns**

**3 tablespoons canola mayonnaise**

**4 cornichon or other small dill pickles, each cut lengthwise into four slices**

**4 small lettuce leaves, each torn in half**

**1 small ripe tomato, cut into eight slices**

**3 slices cooked bacon, cut into 1-inch pieces**

Preheat the grill to medium-high heat.

In a large bowl, gently combine the shallots, Dijon mustard, ground sirloin and 1/2 teaspoon of pepper, being careful not to overmix. Divide the beef mixture into eight equal portions. Gently shape each portion into a 1/4-inch-thick patty, taking care not to pack the mixture down.

Arrange the patties on a grill rack coated with cooking spray. Cook 2 minutes on each side or until the desired degree of doneness. Top each patty with about one tablespoon of cheese during the last minute of cooking.

Lightly coat the cut sides of the buns with cooking spray. Place the buns, cut sides down, on the grill rack. Grill for 1 minute or until toasted.

Spread about one teaspoon of mayonnaise on the bottom half of each bun. Top with one patty. Top each slider with two pickle slices, 1/2 lettuce leaf and one tomato slice. Sprinkle evenly with the remaining 1/4 teaspoon of pepper. Arrange the bacon pieces evenly over the tomato. Top with the bun tops.

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Per Serving (excluding unknown items): 241 Calories; 17g Fat (64.4% calories from fat); 18g Protein; 3g Carbohydrate; 1g Dietary Fiber; 63mg Cholesterol; 152mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.