

Butcher's Cut Sliders

Richard Blais and Julianna Grimes
Cooking Light Magazine - July 2012

Servings: 4

5 tablespoons red wine vinegar, divided
1 teaspoon sugar
1/2 cup shallots, thinly sliced
12 ounces ground sirloin
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
cooking spray
1 tablespoon extra-virgin olive oil
1 teaspoon Dijon mustard
1 teaspoon lower-sodium soy sauce
1 1/2 cups arugula
1 tablespoon fresh chives, chopped
2 tablespoons canola mayonnaise
1 ounce (1/4 cup) blue cheese, crumbled
8 sourdough slider buns

In a small bowl, combine 1/4 cup of the vinegar and the sugar, stirring until the sugar dissolves. Add the shallots to the vinegar mixture. Toss. Cover and chill for 30 minutes. Toss. Drain and set aside.

Divide the beef into eight equal portions. Gently shape each portion into a 1/4-inch-thick patty, taking care not to pack the beef. Sprinkle both sides of the patties evenly with salt and pepper.

Heat a grill pan over medium-high heat. Coat the pan with cooking spray. Add the patties to the pan. Cook 2 minutes on each side or until the desired degree of doneness. Do not press on the patties as they cook.

In a large bowl, combine the remaining one tablespoon of vinegar, oil, mustard and soy sauce, stirring with a whisk. Add the arugula and chives. Toss gently to coat.

In a small bowl, combine the mayonnaise and cheese.

Spread the bottom half of each bun with about two teaspoons of the mayonnaise mixture. Top each slider with one patty, about 1/4 cup of the arugula mixture, one tablespoon of the pickled shallot and one bun top.

Per Serving (excluding unknown items): 353 Calories; 26g Fat (66.7% calories from fat); 23g Protein; 7g Carbohydrate; trace Dietary Fiber; 80mg Cholesterol; 605mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.