

Featured Ingredient... Apples



BURGER WITH FLARE

Recipe from Nicholas Kelly, RD

INGREDIENTS

- 12 oz. 70/30% Ground Beef (3/4 pound, 340.2g)
- 1 teaspoon Black Pepper (2.3g)
- 1 teaspoon Salt (6g)
- 1 teaspoon Lemon Pepper (2.8g)
- ½ teaspoon Crushed Red Pepper Flakes (1g)
- 1 teaspoon Onion Powder (6.9g)
- ⅓ cup Brie – cubed (18g)
- ½ cup Granny Smith Apple – sliced (54.5g)
- 1 teaspoon Honey (21g)
- 1 teaspoon Unsalted Butter (4.7g)
- 2 White Hamburger Buns (100g)
- Garnish - Lettuce, Sliced Tomatoes, Pickles

DIRECTIONS

1. In a large bowl, combine the ground beef, black pepper, salt, lemon pepper, onion powder, and crushed red pepper flakes and mix well.
2. Add the Brie pieces to the beef mixture and fold gently to incorporate. Form the mixture into 2 – 6oz. patties, about ¾-inch thick.
3. In a small bowl combine the butter and honey. Microwave until the butter is melted.
4. Brush the hamburger buns with honey butter mixture and toast until golden brown.
5. To grill the burgers, preheat the grill on high heat. Cook the burgers for 4-5 minutes on each side, or until there is no pink. To pan fry the burgers, heat a large skillet over medium heat. Cook the burgers for 5-7 minutes on each side, or until there is no pink.
6. Place the finished burgers on the toasted buns, top with apple slices, and garnish with desired toppings. Serve immediately.