



BEEF IT'S WHAT'S FOR DINNER®

**WHEN YOU WANT IT TO BE THE
BEST, CHOOSE OHIO SIGNATURE
ALL NATURAL CORN FED BEEF.**

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East Meets West Burgers

30 to 40 minutes



Ingredients:

- 1pound ground beef (95% lean)
- 1/4cup soft whole wheat bread crumbs
- 1large egg white
- 1/4teaspoon salt
- 1/8teaspoon black pepper
- 4whole wheat hamburger buns, split

Sesame-Soy Mayonnaise:

- 1/4cup light mayonnaise
- 1tablespoon thinly sliced green onion, green part only
- 1/2teaspoon soy sauce
- 1/4teaspoon dark sesame oil
- 1/8teaspoon ground red pepper

Slaw Topping:

- 1/2cup romaine lettuce, thinly sliced
- 1/4cup shredded red cabbage
- 1/4cup shredded carrot
- 1teaspoon rice vinegar
- 1teaspoon vegetable oil
- 1/4teaspoon black pepper

Instructions:

- 1.Combine Sesame-Soy Mayonnaise ingredients in small bowl; refrigerate until ready to use.
- 2.Combine Slaw Topping ingredients in small bowl, set aside.
- 3.Combine ground beef, bread crumbs, egg

white, salt and 1/8 teaspoon black pepper in large bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.

4. Place patties on grid over medium ash-covered coals. Grill, covered, 11 to 13 minutes (over medium heat on preheated gas grill, covered, 7 to 8 minutes), turning occasionally, until instant-read thermometer inserted horizontally into center registers (160°F). About 2 minutes before burgers are done, place buns, cut sides down, on grid. Grill until lightly toasted.
5. Spread equal amount of mayonnaise on bottom of each bun, top with burger. Evenly divide Slaw Topping over burgers. Close sandwiches.

Makes 4 servings.

Nutrition information per serving: 348 calories; 15 g fat (4 g saturated fat; 3 g monounsaturated fat); 70 mg cholesterol; 621 mg sodium; 26 g carbohydrate; 3.9 g fiber; 28 g protein; 6.9 mg niacin; 0.5 mg vitamin B6; 2.1 mcg vitamin B12; 3.8 mg iron; 41.9 mcg selenium; 6.4 mg zinc.

Courtesy Cattlemen's Beef Board