

PRESIDENT GEORGE W. BUSH

THE SWEET & SMOKY CHEESEBURGER

4
SERVINGS

20 MINS
PREP TIME

10 MINS
COOK TIME

INGREDIENTS

- 1⅓ pounds lean (15% fat) ground beef
- 1 egg
- 3 tablespoons favorite barbecue sauce
- Salt and freshly ground pepper to taste
- Oil, for brushing the grill
- 4 slices extra sharp cheddar
- 4 whole-wheat buns, toasted

INSTRUCTIONS

1. In a bowl, mix the ground beef with the egg, barbecue sauce, and salt and pepper just until combined; do not over-mix. Divide the meat into 4 equal patties about ½-inch thick.

2. Lightly brush a charcoal or gas grill with oil and heat to medium. Grill burgers for about 5 minutes, until charred on the bottom. Flip burgers and cook for 1 minute more. Top each burger with cheese and cook just until melted, 1 to 2 minutes more, or until cooked to desired temperature.

3. Serve on toasted buns with your favorite burger condiments.

THE SWEET AND SMOKY CHEESEBURGER



NUTRITION PER SERVING (4 SERVINGS)

Calories 530 • Total Fat 25g • Saturated Fat 11g • Sodium 920mg • Total Carbohydrates 30g • Dietary Fiber 3.5g • Added Sugar 4g • Protein 44g

DIETITIAN'S NOTE

Adding vegetables to your plate (whether as a topping or as a side) would be a great way to add micronutrients and additional fiber.

Adapted from: Matthew Wendel's *Recipes From the President's Ranch: Food People Like to Eat*