


Bruschetta Burger

Total recipe time: 30 to 35 minutes Makes 4 servings



Ingredients

1 pound ground beef 
1/4 cup grated Parmesan cheese
2 tablespoons minced green onions
1 teaspoon minced garlic
Salt and pepper
4 slices rustic crusty bread, cut 1/2 inch thick
Olive oil



Bruschetta Topping:

3/4 cup chopped red tomatoes
1/2 cup chopped yellow tomatoes
1 tablespoon thinly sliced fresh basil
1/4 teaspoon minced garlic
1/2 teaspoon salt
Pepper

Instructions

1. Combine Bruschetta Topping ingredients in medium bowl; set aside.
2. Combine ground beef, cheese, green onions and garlic in medium bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.
3. Place patties in center of grid, over medium, ash-covered coals. Grill, uncovered, 11 to 13 minutes (over medium heat on preheated gas grill, covered, 7 to 8 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.
4. Meanwhile, brush both sides of bread slices with oil. About 3 minutes before burgers are done, place bread on grid. Grill until lightly toasted, turning once.
5. Season burgers with salt and pepper, as desired. Place 1 burger on each bread slice; top each with 1/4 cup Bruschetta Topping. Serve open-faced.

Nutritional Information Per Serving

Nutrition information per serving, using 80% lean ground beef: 359 calories; 18 g fat (7 g saturated fat; 7 g monounsaturated fat); 82 mg cholesterol; 629 mg sodium; 21 g carbohydrate; 3.1 g fiber; 28 g protein; 6.1 mg niacin; 0.4 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 3.3 mg iron; 19.4 mcg selenium; 5.6 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of fiber and iron.

Nutrition information per serving, using 95% lean ground beef: 285 calories; 8 g fat (4 g saturated fat; 3 g monounsaturated fat); 69 mg cholesterol; 653 mg sodium; 23 g carbohydrate; 1.4 g fiber; 29 g protein; 6.9 mg niacin; 0.4 mg vitamin B₆; 2.2 mcg vitamin B₁₂; 3.7 mg iron; 21.7 mcg selenium; 5.8 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.



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