



Bison Burger with Microgreens

HEART HEALTHY

Ingredients

For the patty:

- 2lbs Ground Bison
- 1Tbs Worcestershire sauce
- 2 cloves of garlic, minced
- 1/2 shallot, chopped
- 1/2tsp ground mustard
- 2Tbs grass-fed butter
- salt and pepper to taste

For the toppings:

- Spice Lover's Mix!
- Slice Cheddar or cheese of choice
- Dill pickles or relish
- Hamburger buns



Directions

Combine all patty ingredients in a large bowl and Let warm up to room temperature (about 30 minutes).

When meat is ready, heat up the butter in a skillet and cook patties evenly on each side to the desired temp. (Rare: 115°-120°), (Medium rare: 121°-129°), (Medium: 129°-135°).

Add cheese slices when you flip the burgers if desired until the cheese melts.

Place burgers on buns, add a heaping pile of Spice Lover's Mix and dill pickles for the perfect balance of sweet, salty, and spicy!