



## Lean Mean Cheeseburgers

### Ingredients:

- 1 pound ground beef (95% lean)
- 2 tablespoons quick-cooking oats
- 1/2 teaspoon steak seasoning blend
- 4 seeded or whole wheat hamburger buns, split
- 4 slices lowfat cheese, such as Cheddar or American

### Toppings

- Lettuce leaves
- Tomato slices (optional)

Makes: 4 servings.

Prep Time: 15 minutes

Grilling Time: 15 minutes



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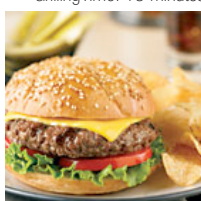
### Directions:

1. Preheat grill to medium.
2. Place oats in foodsafe plastic bag. Seal bag securely, squeezing out excess air. 3. Roll over bag with rolling pin to crush oats to a fine consistency.
4. In a large bowl combine ground beef, oats, and steak seasoning, mixing lightly but thoroughly.
5. Lightly shape into four 1/2-inch patties.
6. Place patties on grid and grill, uncovered, 11 to 13 minutes to medium (160°F) doneness, until no longer pink in center and juices show no pink color, turning occasionally.
7. Line bottom of each bun with lettuce and tomato, if desired; top with burger and cheese slice.
8. Close sandwiches.
9. Serve.

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Recipe and photo courtesy of The Beef Checkoff.

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