



Salsa Burger with Grilled Asparagus & Goat Cheese

4 servings

20 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tsp Garlic Powder
- 1 tsp Sea Salt (divided)
- 2 tpsps Extra Virgin Olive Oil
- 4 cups Asparagus (trimmed)
- 8 ozs Whole Wheat Bun (toasted)
- 1/4 head Green Lettuce (washed with leaves separated)
- 1/4 cup Salsa
- 1 cup Cherry Tomatoes (halved)
- 1/4 cup Goat Cheese (crumbled)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 417 |
| Fat | 17g |
| Carbs | 34g |
| Fiber | 7g |
| Sugar | 8g |
| Protein | 34g |
| Cholesterol | 76mg |
| Sodium | 1075mg |
| Potassium | 780mg |
| Vitamin C | 13mg |
| Calcium | 103mg |
| Iron | 7mg |
| Vitamin D | 3IU |
| Folate | 84µg |
| Vitamin B12 | 2.5µg |
| Magnesium | 49mg |
| Zinc | 6mg |

Directions

- 1 Preheat the grill to 400°F (205°C).
- 2 Mix the beef, garlic powder, and half the salt in a bowl. Divide the beef evenly into patties, making one patty per serving.
- 3 Add oil to the asparagus and toss with the remaining salt.
- 4 Grill the burgers for five minutes on each side or until cooked through. In the remaining five minutes of cooking, add the asparagus to the grill and cook.
- 5 Serve the burgers on the buns with lettuce and salsa. Divide the asparagus evenly between plates and top with the tomatoes and goat cheese. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Keep the burgers separate from the toppings and buns until ready to serve.

Serving Size: One serving is one burger patty and 1 1/4 cups of asparagus and tomatoes.

More Flavor: Add onion powder to the burger mixture. Drizzle the asparagus and tomatoes with balsamic dressing.

Additional Toppings: Shredded cheese, pickles, mustard, and/or mayonnaise.

Whole Wheat Bun: One bun is equal to approximately 57 grams or two ounces.