

WHAT'S COOKING



by the Culinary Staff, Certified Angus Beef LLC

Garden-fresh burger

There are endless things to love about warmer weather. For starters, it usually means outside get-togethers with family, friends and neighbors, and it just so happens that most of these gatherings are centered around the grill.

You won't hear us complaining. There's something about a casual dinner *al fresco* that makes everything taste better!

Another is the bounty of the garden. You may be hopeless with houseplants, but with a little effort, a green thumb can be had by anyone. There's something exquisite about biting into tasty treats at the peak of freshness. It makes you feel good.

That's why we love this herb burger recipe so much. With flavor this big, who needs a bun? Combine ground beef with fresh basil, parsley and oregano; add diced

avocado and tomato; and you have a mouthwatering herb burger — no bun necessary.

You still get to enjoy a juicy, beefy, delicious patty from the grill — because, let's face it, dinner should bring you happiness. Just forego the bun. It's all about compromise, folks.

To really make the most of the garden's bounty, we suggest blending chopped fresh herbs into the ground beef before cooking. Extra veggies and herbs mean extra fresh flavor without a lot of extra calories or carbs.

The herb burger makes the most of the season!

Fresh Herb Burger with Avocado Salsa

Ingredients:

- 2 lb. CAB® ground chuck
- ¼ cup finely chopped fresh basil, divided
- 3 Tbs. finely chopped fresh parsley, divided
- 3 Tbs. finely chopped fresh oregano, divided
- 1½ tsp. salt, divided
- 1 tsp. ground black pepper
- 2 vine-ripe tomatoes, seeded and finely diced
- 1 ripe avocado, peeled and diced
- ¼ cup finely chopped red onion
- 2 cloves garlic, minced (1 Tbs.)
- 1 Tbs. balsamic vinegar
- 1 Tbs. olive oil
- ½ tsp. crushed red pepper flakes



Instructions:

1. In medium bowl, combine by hand the ground beef, half of the fresh herb trio (basil, parsley and oregano), 1 teaspoon salt and black pepper; shape loosely into 6 patties.
2. In a mixing bowl, combine tomato, avocado, onion, garlic, vinegar and olive oil. Stir in red pepper flakes, remaining herb trio (basil, parsley and oregano) and ½ teaspoon salt. Set aside.
3. Grill patties over medium-high heat to desired doneness (160° F internal temperature recommended). Top burgers generously with avocado salsa.

Serves 6.

