



Classic Burger

Instructions:

Mix the ingredients in a bowl.

Form into 4 meatballs and flatten to form burgers.

Bake in a preheated oven at 350 for 30 minutes.

Makes 4 burgers

1 burger counts as 1 dinner main

Prep Time:

10 minutes

Cook Time:

30 minutes

Ingredients:

1 lb. extra lean ground beef

1 onion - chopped finely

1 cube frozen garlic

1 egg

McCormick grill mates

Montreal chicken spice to
taste

1/2 cup of our free BBQ
sauce - optional (see BBQ
sauce recipe in the Free
section) or use 1/4 cup of
Walden Farms 0 calorie BBQ
sauce