

BRC Healthy Meal of the Week

Buffalo Burgers with Onion Relish, Gorgonzola, and Sweet Potato Fries - Comfort Food, The Healthy Way!

Ingredients (4 Servings)

Total Prep Time 10 minutes

1 pound ground buffalo
salt to taste
freshly ground black pepper
freshly ground basil
freshly oregano
1 clove garlic
4 onion rolls
1/2 cup Onion Relish (see recipe)
1/4 cup Gorgonzola cheese (2 ounces)
4 medium sized sweet potatoes

Cooking Instructions—Total Cooking Time 30 minutes

1. Preheat the grill to medium-high and the oven to 375 degrees.
2. Divide the ground buffalo into 4 patties and season them with salt, pepper, garlic, and freshly ground basil and oregano. Wash and skin the sweet potatoes and cut them into French fry size pieces, however you like em' best!
3. Lightly baste the fries with olive oil on a non-stick baking pan and sprinkle with salt and pepper or your favorite seasonings. Place in the oven for 10 minutes, flip and bake for another ten minutes or until your personal level of crispiness is achieved.
4. Grill the burgers on both sides, turning once, until they are cooked through. Toast the onion rolls on the grill while cooking the second side of the burgers.
5. Serve the burgers on toasted onion rolls with onion relish, lettuce, tomato, and gorgonzola cheese.

Nutrition Facts

Serving Size is one 1/4 burger and a "handful" of sweet potato fries

- Calories 546
- Protein 38 g
- Total Carbohydrate 69 g
- Dietary Fiber 6 g
- Sugar 4 g
- Total Fat 15 g
- Saturated Fat 7 g
- Monounsaturated Fat 3 g
- Polyunsaturated Fat 2 g

