



## **Beef Burger Recipe**

### **Ingredients:**

1 Pound extra lean ground beef  
¼ Cup minced onion  
1 Crushed garlic clove  
1 Tbsp. oregano  
1 Tbsp. Worcestershire sauce  
1/8 Cup oats  
2 Egg whites  
Spinach leaves  
Sliced tomato  
Sliced pickle or cucumber  
Mustard  
Low-sugar ketchup  
4 Whole wheat burger buns

### **To prepare:**

In a bowl, combine beef, onion, garlic, oregano, Worcestershire sauce, oats and egg whites.

Form mixture into patties and then place on a grill or broil for 5-6 minutes per side or until no longer pink inside.

Remove and serve on top of a whole wheat burger bun. Top with spinach leaves, tomatoes, pickles, low-sugar ketchup and mustard.

### **Per serving (makes 4):**

Calories: 445

Carbs: 22.25

Fat: 19.75

Protein: 40.75