

Black and Blue Burgers

Prep time: 5 minutes

Cook time: 20 minutes

Ingredients

1 pound Laura's Lean Beef

1/4 cup crumbled blue cheese

1 teaspoon blackened seasoning

4 whole grain hamburger buns

Lettuce leaves, tomatoes, pickles

Directions

1. Combine first 2 ingredients in a medium bowl. Shape meat mixture into four 4-inch patties. Sprinkle both sides of patties with blackened seasoning. Place on a rack of a broiler pan.
2. Broil 5 1/2 inches from heat (with electric oven door partially open) 8 to 10 minutes on each side or until beef is no longer pink. Serve on buns with lettuce, tomato and desired toppings.

For a charcoal grill, grill patties on the rack of an uncovered grill directly over medium coals for 14 to 15 minutes or until meat is turn, turning once halfway through grilling. Serve on buns with desired toppings.

Makes 4 servings.