



Serving Size: 1

## Tasti-Grain Burger

### Ingredients

- 1 multi-grain hamburger bun
- 2-3 slices of Tasti-Lee tomato
- 1/2 lb. lean ground beef
- 2 slices red onion
- 1 dill pickle
- Olive oil
- 1/2 cucumber
- Wild arugula
- Sea salt & black pepper
- Ketchup, mustard, &/or any spread...

### Directions

1. Put ground beef in a medium bowl & mix-in salt & pepper.
2. Lightly coat both sides of patty with olive oil.
3. Heat a skillet or grill pan on high heat for 2 minutes.
4. Place patty on pan and sear both sides for no more than 1 minute.
5. Reduce heat to low & cook patty until desired wellness.
6. Slice pickle into 3 pieces, lengthwise.
7. Add desired spread to burger bun & pile ingredients starting at the bottom: handful of wild arugula, red onion, cucumber, Tasti-Lee tomatoes, pickles, & beef patty,
8. Cover with top bun & enjoy!