



Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

Cherry Burgers

Adapted from *Eating Well Magazine*

Makes 4 servings

- 12 ounces grass-fed or lean ground beef
- ½ cup dried cherries, finely chopped
- ½ cup Panko or coarse dry whole-wheat breadcrumbs
- 1 clove garlic, minced
- 1 tablespoon balsamic vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon Worcestershire sauce
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 4 whole-wheat English muffins split or whole grain buns
- 4 lettuce leaves and onion slices

Preheat grill to medium. Place beef in a large bowl and gently mix in finely chopped cherries, breadcrumbs, garlic, vinegar, mustard, Worcestershire sauce, salt and pepper until well combined. Divide into 4 equal portions and form into 1/2-inch-thick patties. Oil the grill rack (see Tip). Grill the patties until browned and an instant-read thermometer inserted into the center registers 160°F, 5 to 6 minutes per side. Toast English muffins. Assemble the burgers on the English muffins with your favorite toppings and garnishes.

Panko crumbs can be found in the Asian Foods section. To make your own crumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. Spread on a baking sheet and bake at 250°F until crispy, about 15 minutes. One slice of fresh bread makes about 1/3 cup dry crumbs.

To oil a grill rack: Oil a folded paper towel and use tongs to rub it over the rack. Do not use cooking spray on a hot grill.

Grass fed beef is typically lower in fat and calorie content than conventional beef. It also has significantly more omega-3s than conventionally raised beef. Be careful not to overcook it.