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A Contractor To The Beef Checkoff



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## **Have A Plant® Cook Along: Beef Up Your Burger With Fruits & Vegetables**

Wednesday, July 14 @ 5:30pm EST

With Nicole Rodriguez, RDN

### **SHOPPING LIST**

- Watermelon
- English (hothouse) cucumber
- Tomatoes
- Peaches
- 1 can pineapple tidbits, packed in juice
- Mango
- Lettuce
- Tomato
- Fresh basil leaves
- Fresh mint leaves
- Fresh cilantro leaves
- Fresh or pickled jalapeno
- 1 red onion
- Reduced fat feta cheese crumbles
- optional: low-sodium chile-lime seasoning
- White balsamic vinegar
- Lime juice
- 1 pound Ground Beef (93% lean or leaner)
- Steak seasoning blend
- Hamburger buns
- Cheese slices (such as Cheddar, American, Swiss, etc.)
- Ketchup, mustard, onion slices, pickle slices (optional)

**Special equipment needed:** Kitchen Shears

## Watermelon Feta Salad

**Servings:** 4

### Ingredients

- 2 cups watermelon, 1/2 inch cubes
- 1 cup English (hothouse) cucumber, half skin on, 1/2 inch cubes
- 1/4 cup fresh mint leaves
- 1/2 cup reduced fat feta cheese crumbles
- optional: low-sodium chile-lime seasoning
- 2 tablespoon white balsamic vinegar

### Instructions

Combine watermelon and cucumber in mixing bowl. Chop mint utilizing "chiffonade" method. Combine with feta and vinegar immediately before serving.

Recipe courtesy of Nicole Rodriguez, RDN

## Tomato-Peach Salsa

**Servings:** 4

### Ingredients

- 2 cup tomato, seeds removed, 1/2 inch cubes
- 1 cup peach, skin on, 1/2 inch cubes
- 1/4 cup fresh basil leaves
- 2 tablespoons red onion, chopped
- 2 tablespoons lime juice

### Instructions

Combine tomato, onion and peach in mixing bowl. Chop basil utilizing "chiffonade" method. Toss with lime juice. Repeat the layers one more time. Chill until serving time.

Recipe courtesy of Nicole Rodriguez, RDN

## Pineapple-Mango Salsa

**Servings:** 4

### Ingredients

- 1 can pineapple tidbits, packed in juice, drained
- 1 cup mango, 1/2 inch cubes
- 1/4 cup fresh or pickled jalapeno, finely diced
- 1/4 cup red onion, finely diced
- 1/4 cup fresh cilantro, leaves only
- 2 tablespoons lime juice

### Instructions

Combine pineapple tidbits, mango, jalapeno, and red onion in mixing bowl. Rough chop cilantro with shears and toss with lime juice immediately before serving.

Recipe courtesy of Nicole Rodriguez, RDN

## Classic Beef Cheeseburger

**Servings:** 4

### Ingredients

- 1 pound Ground Beef (93% lean or leaner)
- 1-1/2 teaspoons steak seasoning blend
- 4 hamburger buns, split
- 4 slices cheese (such as Cheddar, American, Swiss, etc.)
- 4 lettuce leaves
- 4 tomato slices
- Toppings: Ketchup, mustard, onion slices, pickle slices (optional)

### Instructions

Combine Ground Beef and steak seasoning in large bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.



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Place patties on grid over medium, ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. About 2 minutes before burgers are done, place buns, cut sides down, on grid. Grill until lightly toasted. During last minute of grilling, top each burger with cheese slice.

**Cook's Tip:**

*To prepare on stovetop, heat large nonstick skillet over medium heat until hot. Place patties in skillet; cook 12 to 15 minutes until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.*

*Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.*

Line bottom of each bun with lettuce; top with tomato, burger and toppings, as desired. Close sandwiches.

Recipe courtesy of National Cattlemen's Beef Association, A Contractor to the Beef Checkoff