



# Blue Cheese Topped Burger

Burgers, Recipes



## Ingredients Needed

- 1 package Aunt Millie's Hearth Whole Grain Hamburger Buns
- 1 pound ground beef
- 1 Tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1 large egg
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup low-fat mayonnaise
- ¼ cup blue cheese, crumbled

- 2 Tablespoons low-fat sour cream
- 4 slices red onion
- 4 slices tomato
- 4 slices lettuce

### **Directions | Yield: 8 servings**

1. Preheat grill or medium pan over medium heat.
2. Gently combine the first six ingredients (excluding buns) and shape into 4 patties.
3. Grill patties over medium-high heat until desired degree of temperature.
4. Meanwhile, gently combine mayonnaise, blue cheese, and sour cream. Set aside.
5. Top each bun with a slice of lettuce, desired amount of blue cheese dressing, onion, and tomato.
6. Serve immediately.