



1-2-3 Eat! Cheeseburgers, Carrot Fries

Servings: 4

Ingredients:

Cheeseburgers:

- 1 lb ground beef, 90% lean or leaner
- 1 egg
- 1 tsp. pepper
- 4 slices real cheese: try American cheese (note: not cheese food), cheddar, or pepper jack
- 4 whole grain hamburger buns, no HFCS
- Ketchup with no sugar or HFCS listed in ingredients, optional
- mustard, optional
- dill pickles, optional

Carrot Fries:

- 8 large carrots
- 2 Tbsp. olive oil
- 1 tsp kosher salt
- 1 tsp. pepper

Instructions:

1. Cheeseburgers: Mix beef, egg, and pepper. Divide into 4 equal portions. Roll each portion into a ball, then flatten with palms of hands. Grill over med-low heat 3 min on each side or until patties have reached desired doneness. Turn heat off grill. place a cheese slice on each patty; close lid. Once cheese is melted (1-2 min), place each patty on the bottom half of bun. Top with desired toppings. Top with top half of bun and serve.

2. Carrot Fries: Slice each carrot in half lengthwise, then in half lengthwise again. Slice in half widthwise to form 8 wedges per carrot. Repeat with each carrot. Toss carrot wedges in olive oil in a large bowl. Arrange in a single layer on a baking sheet. Sprinkle with salt and pepper. Bake at 400 for 20 min or until beginning to brown.