

Open Face Bison Burger

Serves 1

Ingredients

1 slice Whole Wheat Sourdough, Toasted

6 oz Bison Patty, cook how you like it! Grilled, Broiled, Seared and Roasted

2 oz sundried tomatoes chopped and lightly rehydrated

1 oz Arugula

3ea thinly sliced red onion rings

1 T olive oil

½ T Red Wine Vinegar

2 t balsamic vinegar reduction

Pinch freshly ground pepper



Directions

Toss together arugula, onion rings, sundried tomato, 1 t. olive oil and red wine vinegar.

Place cooked bison patty on the toasted bread. Top with dressed vegetables and garnish with a drizzle of balsamic reduction.

Serve with crispy fingerling potatoes.

Nutrition Facts:

683 calories, 31 g fat, 57 g carb, 43 g protein, 317 mg sodium



Click, scan, or call for more recipes or to register for Cooking for Wellness classes.
<https://www.cancersupportohio.org/programs-and-services/cooking-for-wellness-recipe-archives?hsLang=en>
614.884.HOPE (4673)



COOKING FOR WELLNESS



Click, scan, or call for more recipes or to register for Cooking for Wellness classes.
<https://www.cancersupportohio.org/programs-and-services/cooking-for-wellness-recipe-archives?hsLang=en>
614.884.HOPE (4673)