

Homemade Burgers

1. In a medium bowl, add:

ground beef	1 pound (454 grams)
oats	$\frac{1}{4}$ cup
egg	1
salt	$\frac{1}{4}$ teaspoon
pepper	$\frac{1}{4}$ teaspoon
garlic powder	$\frac{1}{4}$ teaspoon



Mix well.

2. Shape the mixture into 6 balls using your hands. Press the balls down to make flat burgers.
3. Place 2 tablespoons of vegetable oil in a pan and allow the pan to warm up over medium heat for 2 minutes.
4. Add all of the burgers to the pan and cook for about 5 minutes on each side. Top each burger with a piece of cheese during the last minute of cooking.

Is my burger cooked?

**Use a meat thermometer to take the temperature in the thickest part of the meat.
Cook until the thermometer reads 71 °C (160°F).*

5. Serve on a whole wheat bun with slices of tomatoes, lettuce and other vegetables. Serves 6.

Homemade Big Mac Sauce

In a bowl add:

- $\frac{1}{2}$ cup mayonnaise
- 2 tablespoons French dressing
- 4 teaspoons sweet pickle relish
- 1 tablespoon finely chopped onion
- 1 teaspoon white vinegar
- 1 teaspoon sugar
- $\frac{1}{8}$ teaspoon salt

Stir all ingredients together and spread a small amount on your burger.