**Basic Lean Beef Burgers**  
  
  
**Total recipe time: 20 minutes**  
**1 pound ground beef-95 percent lean**  
**1/4 cup soft bread crumbs**  
**1 egg white**  
**1/4 teaspoon salt**  
**1/4 teaspoon pepper**  
**4 whole wheat hamburger buns split, lettuce leaves, tomato slices**  
  
  
**1. Combine ground beef, bread crumbs, egg white, salt and pepper in large bowl. Mixing lightly and thoroughly. Shape into 4 1/2 inch thick patties.**  
**2. Place patties on grill over medium, ash covered coals. Grill uncovered 11-13 minutes to medium 160 degrees doneness with a meat thermometer, turning occassionally.**  
**3. To broil, place patties on rack in broiler pan so surface of beef is  3 to 4 inches from heat. Broil 10-12 minutes to medium 160 degree of doneness, until no longer pink in center and juices show no pink color, turning once.**  
**4. Cooking times are for fresh or thoroughly thawed ground beef.**  
**5. Always turn the patties with a long handle spatula and never press down on the patties when they are on the grill or in the pan. As you will push out flavorful juices. Turning with forks will also allow flavorful juices to escape.**  
**Nutritional information per serving:**  
**Calories 272, 8g fat (3g saturated fat, 3g monounsaturated fat) 65mg cholesterol, 439 mg sodium, 24g carbohydrate, 3.6g fiber, 27g protein, 6.8g niacin, .4mg vitamin B6, 2.1mcg vitamin B12, 3.6mg iron, 41.9mcg selenuim, 6.4 mg zinc.**  
**This recipe is an excellent source of protein, niacin, vitamins B6 and B12,, iron, selenuim, zinc and fiber.**  
  
  
**The recipe is from The Healthy Beef Cookbool from National Cattlemans  Beef Association and American Dietetic Association.**  
**Reference Article:**  
[**Grilling Time**](http://agricultureatitsbest.weebly.com/uploads/1/8/9/9/18991133/grilling_time.doc)  
**Zesty BBQ Cheeseburgers**