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Grilled Burgers With Curry Mustard

Prep Time: 20 mins

Cook Time: 18 mins

Total Time: 38 mins

Ingredients

- ✚ 1/2 cup(s) carrot(s), finely shredded
- ✚ 1/4 cup(s) scallion(s) (green onions)
- ✚ 1/4 cup(s) bread crumbs, soft whole-wheat
- ✚ 2 tablespoon milk, whole
- ✚ 1/4 teaspoon Italian seasoning, dried
- ✚ 1/4 teaspoon garlic salt
- ✚ dash(es) pepper, black
- ✚ 3/4 pounds beef, lean ground
- ✚ 4 hamburger buns, whole-wheat
- ✚ zucchini
- ✚ tomato(es), sliced (optional)
- ✚ 1/2 teaspoon curry powder
- ✚ 1/4 cup(s) mustard, dijon-style

Recipe Tip:

Curry Mustard: In a small bowl stir together 1/4 cup Dijon-style mustard and 1/2 teaspoon curry powder. Makes 1/4 cup.

Preparation

1. In a medium bowl stir together carrot, green onions, bread crumbs, milk, Italian seasoning, garlic salt, and pepper. Add the ground beef or turkey or chicken; mix well. Shape meat mixture into four 1/2-inch-thick patties.
2. Grill burgers on the rack of an uncovered grill directly over medium coals for 14 to 18 minutes or until an instant-read thermometer inserted into the center of burgers registers 160°, turning once halfway through grilling. (Or, place burgers on unheated rack of a broiler pan. Broil 3 to 4 inches from heat for 12 to 14 minutes or until done, turning once.) To serve, place burgers on buns. If desired, serve burgers with zucchini, tomato, and Curry Mustard.