



## Seasoned Dijon Burger

**Prep: 15 minutes**

**Grill: 10 minutes • Serves: 4**

- 1½ teaspoons soy sauce
- ½ teaspoon dill seed
- ½ teaspoon dried minced onion
- ½ teaspoon garlic powder
- ⅛ teaspoon sea salt
- 1½ pounds ground chuck
- 4 favorite burger buns
- ¼ cup mayonnaise
- 4 green leaf lettuce leaves
- 8 slices tomato
- 4 slices red onion, separated
- ¼ cup Dijon mustard

**1.** Prepare outdoor grill for direct grilling over medium heat. In small bowl, stir soy sauce, dill seed, dried onion, garlic powder and salt. In large bowl, add ground chuck; add soy sauce mixture and gently mix to combine (do not overmix). Form ground chuck mixture into 4 patties; make shallow indentation in center of each burger.

**2.** Place burgers on hot grill rack; cook 10 minutes, turning once or until internal temperature of beef reaches 130° for medium-rare. (Internal temperature will rise 5 to 10° upon standing.) Transfer burgers to clean plate; let stand 5 minutes. Place buns, cut side down on hot grill rack; cook 1 minute or until toasted.

**3.** Spread bottom buns with mayonnaise; top with lettuce, tomato, onion, burgers, mustard and top buns.

*Approximate nutritional values per serving:*

*411 Calories, 19g Fat (5g Saturated), 73mg Cholesterol,  
881mg Sodium, 30g Carbohydrates, 1g Fiber, 32g Protein*