



TAILGATING EATS FOR BLAZER FANS

BLAZE BURGERS

INGREDIENTS

- 1 lb extra lean ground beef
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp kosher salt
- 1 Tbsp Worcestershire sauce
- 4 light English muffins
- 1 cup mixed greens
- 4 slices red onion
- 4 oz light cheddar cheese
- 2 oz avocado, sliced

HERB MAYO SAUCE

- 1/4 cup light mayo
- 1 tbsp lemon juice
- 1 tbsp Dijon mustard
- 1 tbsp fresh parsley, chopped

*Recipe courtesy of
ambitiouskitchen.com*



DIRECTIONS

1. In a mixing bowl, combine the lean ground beef, onion powder, garlic powder and Worcestershire sauce.
2. Form 4 equal-sized patties.
3. Cook the patties on a pan or griddle over medium high heat, 2-3 minutes per side or until cooked as desired.
4. Turn off heat, add 1 oz of cheese to each patty and cover the pan with foil or lid to let cheese melt.
5. Combine the herb mayo sauce ingredients to form spread.
6. Toast the English muffins. Spread a heaping tablespoon of herb mayo spread on each English muffin.
7. Top each muffin with burger patty, slice of red onion, mixed greens and 1/2 ounce of avocado.