

LOW PROTEIN RECIPE - MAIN DISH

Vegetable and Beef Burger

Makes 2 servings

Ingredients:

3 tablespoons finely grated carrot
2 tablespoons finely chopped celery
2 slices fresh white bread, cubed
4 ounces ground sirloin
garlic powder as desired
pepper as desired
2 hamburger buns

How to make:

Mix well together the carrot, bread, ground sirloin and seasonings.
Divide into two equal portions and form into a patty.
Spray a non-stick skillet with cooking spray.
Heat over low heat.
Add the two patties.
Cover the pan with foil and cook slowly, flipping the burgers after five minutes. When done, place on a hamburger bun and top with desired condiments.

Composition:

1 serving = 1 1/2 meat list A
3 salted bread and starches (includes bun)
1/2 vegetable
(19 grams pro, 450 mg Na, 190 mg phos, 40 mg chol)

Finishing Touches:

Depending on your diet plan, to complete the meal you may want to add:
a vegetable (cole slaw)
a bread item (baked corn chips - no salt)
a fruit (strawberries or watermelon)

For Diabetics Only:

1 serving = 1 1/2 meat
3 bread
1/2 vegetable

Note: Condiments placed on the burger are not counted in the nutrient composition above.