

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



Dr. Sinatra's **BUFFALO BURGERS**

This burger blows the traditional American cheeseburger out of the water, as far as health and flavor are concerned! Substituting [buffalo](#), or bison, for beef in your burgers is a great way to get quality protein, free of artificial growth hormones. Grass fed buffalo is also a good source of minerals like zinc, selenium and iron, as well as anti-inflammatory [omega-3s](#). Serving burgers in whole wheat pita pockets instead of high-glycemic rolls helps prevent excess [insulin](#) release. Serves 4.

- 1 pound ground bison
- 1 large clove garlic, minced
- 2 Tbsp chopped sun-dried tomatoes (reconstituted in water, or drained of oil)
- 1 teaspoon onion powder
- ¼ teaspoon [sea salt](#)
- ¼ teaspoon black pepper
- 1 Tbsp coconut or olive oil
- 4 ounces goat cheese
- 2 whole wheat pita pockets, halved
- Garnish: Organic [spinach](#) leaves and red onion slices

In a mixing bowl, combine the first six ingredients with two forks until just evenly mixed, then shape mixture into four burger patties, more flat than round. For medium-rare burgers, cook for 4 minutes on each side in oil over medium high heat in a medium size non-stick pan. If you like your burgers more well done, cook them over lower heat for a little longer on each side; as bison is so low in fat, it can easily become dry and overcooked.

Spread each cooked burger with 1 ounce of goat cheese. Place a few spinach leaves and a thin slice of red onion into each 1/2 pita pocket, then slide in burger with [goat cheese](#). Serve with a side of salad or fresh fruits like mango, kiwi or pear, orange segments or cherries.