



PORK AND APPLE CHEDDAR BURGERS

Great grilling doesn't have to end with summer. Capture the taste of autumn on a bun with these moist pork burgers, flecked with bits of apple and crowned with a slice of cheddar.

1 pound lean ground pork
¾ cup shredded apple
¼ cup chopped green onion
½ teaspoon dried thyme leaves
½ teaspoon salt
½ teaspoon freshly ground black pepper
4 slices cheddar, about 1 ounce each
4 onion-topped or regular hamburger buns, halved

Pre-heat a charcoal or gas grill.

Blend the apple, green onion, thyme, salt and pepper together in a medium bowl. Add the ground pork; gently mix until combined. Form into 4 patties, about ¾-inch thick.

Grill over medium hot coals or medium-high on a gas grill, covered for 5 minutes. Turn and grill, covered, an additional 4 to 6 minutes, until an instant-read thermometer registers the internal temperature at 160°F. Cover each burger with a slice of cheddar and serve on buns.

Makes 4 servings.

These burgers are equally tasty done in the broiler. Place them on a broiler pan and cook as directed above. To pan fry the burgers, cook over medium heat, turning several times, until well browned and 160°F, about 10-12 minutes total time.

Nutrition Information per Serving:

Calories: 377
Cholesterol: 112mg
Protein: 31g

Fat: 16g
Sodium: 744mg
Fiber: 2g

Saturated Fat: 8g
Carbohydrates: 26g