

Walkabout Ridge

BUFFALO BURGERS

Buffalo is leaner (85% lean) and has a lower saturated fat content than beef. This makes buffalo protein easier to assimilate than beef protein. Because buffalo is so lean it should be cooked at a lower temperature than beef, and it does tend to cook faster.

*1 pound ground buffalo
1 egg white
¼ medium onion
½ teaspoon natural garlic salt
½ teaspoon onion powder
½ teaspoon black or white pepper
1 tablespoon sweet basil*

Mix all ingredients together; make into patties and grill (watch closely and avoid a high flame) Serves 4