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**“Stuffed Burgers with Grilled Veggies”**

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 Dairy Council of Utah/Nevada

**Ingredients:**

- 10 cups cut up vegetables of choice\*
- 1/3 cup zesty Italian dressing
- 1/2 cup shredded cheese (Italian blend)
- 12 lean hamburger patties or enough meat to make 12 patties
- 6 thin slices cheese
- 1 small to medium onion
- Salt and pepper to taste
- Seasoning to taste\*
- 6 hamburger buns
- Pickles, lettuce, ketchup, mustard, optional

**Method:**

**VEGGIES:** Grilled vegetables take a little longer to cook than stuffed burger, place veggies on grill while assembling stuffed burgers. Cut veggies up into bite-sized pieces. Place in gallon size sealable plastic bag; add dressing, salt and pepper to taste; close bag tightly and gently toss to coat veggies with dressing. Place veggies in grill basket over medium hot coals or gas grill. Stir every 5 minutes until cooked to desired tenderness. Place in serving bowl and immediately sprinkle with shredded cheese; cover veggies and allow cheese to melt.

**BURGERS:** Pre-shaped hamburger patties eliminate work and create a better sealed stuffed burger, but you may use bulk ground beef and shape meat into patties. Peel and slice onion. Onion should be small enough to allow 1/4-inch meat showing around all edges of patty. Place one slice onion on a hamburger patty, top with a slice of cheese. Fold corners of cheese toward center allowing at least 1/4-inch hamburger patty edge showing. Season to taste; place second patty on top and seal edges of patty. Grill over hot coals or gas grill (I prefer to reduce gas grill to medium low immediately after placing hamburger on grill). Grill 7-10 minutes, flip and cook 7 -10 minutes longer or until meat is thoroughly cooked.

**NOTES:** This is a hefty stuffed burger and may easily be cut in half. For the grilled veggies I like to use 1 medium zucchini, 1 green pepper, 8 oz fresh mushrooms, 1 sweet potato, 1 small onion. Use your favorite grilling veggies or experiment with new combinations of veggies. Recipe serves 6



Nutrition Facts	
Serving Size 1 Burger, 3/4 cup veggies (417g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 660</b>	Calories from Fat 310
% Daily Value*	
<b>Total Fat 34g</b>	<b>52%</b>
Saturated Fat 13g	67%
Cholesterol 95mg	31%
Sodium 930mg	39%
<b>Total Carbohydrate 36g</b>	<b>12%</b>
Dietary Fiber 4g	14%
Sugars 10g	
<b>Protein 51g</b>	
Vitamin A 80%	Vitamin C 35%
Calcium 30%	Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	