



Ground Sirloin Sliders

Makes 6 servings

Ingredients

12 miniature buns or dinner rolls
3/4 pound lean ground sirloin
1 tablespoon Worcestershire sauce
1/2 teaspoon black pepper

Olive oil cooking spray
2 ounces extra-sharp cheddar cheese, thinly sliced
24 small dill pickle slices

Instructions

1. Remove some of the fluffy center from the buns so that they will sit well on top of burgers; set aside.
2. Combine sirloin with Worcestershire and pepper, and form into 12 (two-inch) flat patties.
3. Preheat a lightly oiled grill pan over moderate heat until hot but not smoking. Cook burgers over moderate heat, turning, and evenly top with cheese, about two minutes per side for medium or until cheese is melted.

- (Use a meat thermometer to check that burgers have reached 160 degrees.) Transfer the burgers to a plate, and grill the buns, cut sides down, one to two minutes or until toasted.
4. Sandwich burgers between buns with about two pickles per slider.

Nutrition Facts

Serving size: 2 sliders; Calories Per Serving: 283; Fat 7g; Saturated Fat 2g; Monounsaturated Fat 2g; Polyunsaturated Fat 2g; Protein 18g; Carbohydrates 38g; Fiber 6g; Cholesterol 27mg; Iron 3mg; Sodium 697mg; Calcium 134mg

Source: www.health.com

