

Bison Sliders

Canada's Food Guide suggests choosing lean meat and alternatives, like bison. This recipe also uses whole wheat pita bread which can increase your fibre intake.



Ingredients:

1 lb	Ground bison	454 g
1 cup	Mushrooms, finely minced	250 mL
1/3 cup	Sun-dried tomatoes, chopped (drained if in oil)	75 mL
2 cloves	Fresh garlic, chopped	2 cloves
2 tsp	Freshly toasted cumin seed or 1 Tbsp (15 mL) cumin powder	10 mL
2 tsp	Fresh rosemary, finely chopped	10 mL
1/2 tsp	Freshly ground pepper	2 mL
1 tsp	Extra virgin olive oil	5 mL
10	Whole wheat mini pita bread	10
10	Lettuce leaves	10
2 medium	Ripe tomatoes, sliced	2 medium
2 Tbsp	Dijon mustard	30 mL

Directions:

1. Combine bison, mushrooms, tomatoes, garlic, cumin, rosemary and pepper in a bowl and mix well but gently until combined (overworking makes burgers tough).
2. Divide into 10 portions and form patties.
3. To cook on stovetop, warm heavy-bottomed skillet (preferably cast iron) over medium heat. Add olive oil; 30 seconds later add patties and cook for three minutes before flipping.
4. Cover and continue to cook until browned, juices run clear and internal temperature reaches 160°F (70°C), about three minutes more.

To cook on barbeque, heat grill for 12–15 minutes and brush on olive oil. Grill burgers until cooked through and juice runs clear (3–4 minutes per side). Internal temperature should reach 160°F (70°C).

Serve on mini whole wheat pita bread with lettuce, tomatoes and Dijon mustard.

Makes 5 servings (2 sliders/ 247 g)

Source: developed by Terry B. for Apple, Alberta Health Services' health and wellness magazine.

Nutrition Services

Bison Sliders

Nutrition Facts	
Per 1/5 of recipe (2 sliders /247 g)	
Amount	% Daily Value
Calories 420	
Fat 18 g	28 %
Saturated 6 g + Trans 0 g	30 %
Cholesterol 75 mg	
Sodium 430 mg	18 %
Carbohydrate 38 g	13 %
Fibre 6 g	24 %
Sugars 2 g	
Protein 29 g	
Vitamin A	25 %
Vitamin C	30 %
Calcium	4 %
Iron	40 %

Nutrient Claim	Amount per Serving
Very high in fibre	6 g
Very high in potassium	754 mg
Very high in magnesium	79 mg
Source of folate	23 mcg
Very high in iron	5.8 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1/2
Grain Products	2
Milk and Alternatives	0
Meat and Alternatives	1

This is a Choose Sometimes recipe (Mixed Dish–Meat based) according to the Alberta Nutrition Guidelines.