

Daily Dish

A Delicious Cheese-Stuffed Burger

Kick off summer with this irresistible, cheese-stuffed burger. Bursting with melted cheese and savory pesto, serve this luscious *and* lean burger at your next family cookout or neighborhood block party.

Stuffed Pork Burger (Phase 1)

Description

These juicy, pesto-flavored burgers come with a delicious melted mozzarella surprise inside! Top them with lettuce and a slice of fresh juicy tomato if you'd like — or just enjoy them as is.

Serves 4

Ingredients

5 tablespoons pesto (from a jar)
1/2 teaspoon salt
1 teaspoon freshly ground black pepper
1 1/2 pounds lean ground pork
2 ounces low-fat mozzarella, cut into 4 cubes

Instructions

Stir together pesto, salt, and pepper in a medium mixing bowl. Add pork and, using your hands, gently yet thoroughly combine; do not overmix.

Shape pork mixture into 4 equal-sized balls. Press 1 mozzarella cube into the center of each ball; gently form a 3/4"-thick patty; enclosing the cheese.

Lightly coat a large nonstick skillet with cooking spray. Heat over medium-high heat. Add burgers, cooking in batches if necessary, reduce heat to medium, and cook 5 minutes per side. Serve hot.

Nutritional information:

380 calories
22 g fat (7 g sat)
1 g carbohydrate
42 g protein
0 g dietary fiber
620 mg sodium