



360-984-6163



Tuesday - Saturday  
10:00am to 5:00pm

CAFE HOURS

# SEPTEMBER'S WELLNESS RECIPE

## HIGH-PROTEIN AIR-FRYER BURGERS

This simple air-fryer burger recipe is a splatter-free method to cook up juicy burgers without a lot of fuss. The toppings are classic, but you can always adjust them to suit your taste.

### Ingredient Checklist

- 1 pound 90%-lean ground beef
- 2 tablespoons Worcestershire sauce
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 slices Cheddar cheese
- 4 whole-wheat hamburger buns, toasted
- 4 leaves butter lettuce
- 4 slices tomato
- 4 slices white onion
- ¼ cup dill pickle chips

### Directions

#### Step 1

Preheat air fryer to 375°F for 5 minutes. Combine beef, Worcestershire, salt and pepper in a medium bowl. Form the mixture into 4 (4-ounce) patties, about 1/2-inch thick.

#### Step 2

Working in batches if necessary, arrange the patties in a single layer in the air-fryer basket. Cook, flipping once, until an instant-read thermometer inserted in the center registers 160°F, about 7 minutes. Top each patty with a cheese slice and cook until melted, about 30 seconds.

#### Step 3

Assemble the burgers on toasted buns with lettuce, tomato, onion and pickles.

#### Nutrition Facts (per serving)

**440** Calories, 20g Fat, 27g Carbs, 29g Protein

## CCAR: ETHICS

Saturday - Sunday

September 16- 17

Please email  
[bgonzales@recoverycafecc.org](mailto:bgonzales@recoverycafecc.org)  
with your interest

