

July is a popular time to throw hot dogs and hamburgers on the grill for cookouts and family dinners, so it's no wonder today, July 28th, is National Hamburger Day!

Here are a few basic things to keep in mind with ground beef from purchase to plate:

- For a healthy heart, try to stick with purchasing only lean ground beef, such as 93% lean ground beef.
- Ground beef is a more perishable meat, therefore, purchase it last when shopping to ensure that it stays as cold as possible. Choose packages that are cold and tightly wrapped without tears or punctures.
- Store ground beef in the coldest part of the refrigerator and use or freeze within 2 days of purchasing.
- To freeze ground beef, wrap in heavy-duty aluminum foil or place in a food-safe plastic freezer bag. Press out as much air as possible before freezing and label with date. This can be frozen for up to 4 months. To defrost, place in refrigerator for about 24 hours.
- For food safety reasons, it's important to cook burgers thoroughly to 160 degrees F.

For a juicy burger with lots of flavor, try out this recipe!

## Grilled Burgers



### Ingredients:

- 1 lb. lean ground beef
- 1 egg white
- ½ tsp. Worcestershire sauce
- ¼ c. finely chopped onion
- ¼ tsp. garlic powder
- 2 tsp. Dijon mustard

### Directions:

1. Fire up the grill.
2. Combine all ingredients for burgers in a large bowl. Mix well using your hands. Divide mixture into 4 even parts and shape into patties.
3. Add burgers to the grill and cook to 160 degrees F. Enjoy!