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## **Bison and Greens**

### **Ingredients for Bison Burger:**

1 pound organic ground bison  
1 shallot  
2 jalapeno peppers  
1 egg  
3 garlic cloves  
Sea salt and pepper to taste

### **Directions:**

1. Turn oven to broil. Arrange rack so baking pan is close to heat.
2. Cover baking pan with aluminum foil and set aside.
3. Combine all ingredients and form into patties.
4. Place patties on the center of the baking pan and broil for 6-8 minutes. Flip and broil for another 6-8 minutes.
5. When both sides are golden brown, remove from oven.

### **Ingredients for Greens Salad:**

1 cup greens  
5 cherry tomatoes  
4 walnuts, chopped  
1/4 avocado  
1 tbsp walnut oil  
1 tbsp balsamic vinegar

### **Directions:**

1. Place all vegetables in a plate or salad bowl and mix.
2. Top salad with walnuts, walnut oil, and balsamic vinegar