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## **Ground Bison Burger**

Prep Time: 5 min. Cook Time: 8-12 min. Makes 4 Servings.

### **Ingredients**

1 lb. ground bison  
1/2 cup cooked spinach, water squeezed out  
2 tbsp fresh dill  
1 tsp oregano  
salt and pepper to taste  
1 tbsp olive oil  
4 whole-wheat buns

### **Directions**

1. In a mixing bowl, combine the bison, spinach, dill, and oregano until well blended. Add salt and pepper to taste.
2. Form mixture into burgers.
3. Place burgers on a grill and brush with olive oil. Cook for 4-6 minutes per side or until fully cooked.
4. Serve on a whole-wheat bun with any desired toppings, such as lettuce, onion, or tomato. (Toppings not included in macro calculations.)