



# Grass-Fed Beef Burger with Honey Mustard Spinach Salad and Sweet Potato Fries

Active Time: 10 minutes | Total Time: 25 minutes | Serves: 1

## Nutrition Information Per Serving

479 calories, 45.05 g carbohydrate, 13.88 g fiber, 31.17 g NET carbs, 27.15 g protein, 25.52 g fat

### Ingredients

- 1/10 cup(s) So Delicious Cultured Coconut Milk Yogurt (Plain)
- 1 1/8 cup(s) Earthbound Farm Baby Spinach
- 1 Tbsp chopped organic yellow onion
- 2 slice(s) organic onion
- 2 slice(s) organic tomato
- 1 tsp organic whole-grain mustard
- 1 medium organic sweet potato, peeled and thinly sliced
- 1 tsp organic, raw, local honey
- 2 tsp(s) organic olive oil, divided
- 1 tsp organic chili powder
- 1/2 tsp(s) organic lemon juice
- 1/5 Tbsp(s) filtered water
- 4 ounce(s) grass-fed ground beef

### Preparation

1. Preheat oven to 450 F.
2. Coat sweet potato slices in olive oil, place in one layer in a baking dish, sprinkle with chili powder, and bake for 10-15 minutes, until crisp-tender.
3. While baking, combine ground beef, onion, onion powder, and water in a small bowl.
4. Mix well, form into a ball, and pat into a hamburger, approximately 1/2 inch thick.
5. Heat 1 tsp olive oil a skillet over medium heat, and cook burger on each side for 3-5 minutes, until well done. While fries bake and burger cooks, arrange spinach, 1 slice tomato, and slice onion on a small plate for a small salad.
6. In small bowl, whisk honey, whole-grain mustard, yogurt and lemon juice for dressing. Drizzle 1 tablespoon over salad and reserve the rest as dipping sauce for fries.
7. Check fries in oven and when done, assemble burger in gluten-free bun with 1/8 cup spinach, slice tomato, sliced onion, and organic condiments, as desired, with fries and salad on the side.

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