

A Man's Cookbook for "THE HERD"

By Robert Sturm

The "HERD" Burger

Ingredients:

1 8 ounce Hamburger Patty, 10% – 15% Lean

1 Red Onion Slice

2 Tomato Slices

4 Cucumber Slices

8 Spinach Leaves

1 Iceberg Lettuce Leaf

1 Slice Low Fat Cheddar Cheese, optional

1 Oroweat "THIN" Bun, optional

Grey Poupon Mustard, optional

Heinz Organic Ketchup, optional

Best Foods Low Fat Mayonnaise, optional



Directions

Follow the directions in "How To Grill A Hamburger". Melt cheese on burger. Arrange all ingredients on bun.

