



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

February 24th, 2015 Cooking Class

Featuring

D'Avolio's Olive Oil and Vinegar

Stuffed Sliders

Serves 8

Ingredients:

- 1 lb. veal, ground
- ½ lb. 95% lean beef, ground
- 1 ½ Tbsp. D'Avolio Burger Blast Seasonings
- About 2/3 cup, finely chopped Swiss cheese
- About 2/3 cup finely chopped, sautéed mushrooms
- 1 onion chopped and caramelized with a splash of D'Avolio 18 YR Traditional Balsamic Vinegar
- 8 slider buns

Nutrition Facts			
Serving Size: 1 serving (136.9g)			
Servings: 8			
Amount Per Serving			
Calories 250	Calories from Fat 90		
% Daily Value*			
Total Fat 10g	16%		
Saturated Fat 4g	20%		
Trans Fat 0g			
Cholesterol 70mg	24%		
Sodium 230mg	10%		
Total Carbohydrate 16g	5%		
Dietary Fiber less than 1g	3%		
Sugars 2g			
Protein 22g			
Vitamin A 2%	Vitamin C 0%		
Calcium 15%	Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Directions:

Mix the veal and beef with Burger Blast Seasonings. Form into 8 equal sized sliders. Meanwhile, cook onions over low heat until they are deeply caramelized. Add a splash of balsamic vinegar if desired.

Stuff sliders with cheese and mushrooms. Cook sliders on a grill, grill pan, flat top, or well-oiled pan until cooked through and cheese is melted.

Place each slider onto a slider roll and top with caramelized onions.

