

BLASTIN' BURGER BITES

1/4 cup plain yogurt
1 tablespoon shredded cheddar cheese
1/2 teaspoon taco seasoning
10 mini hamburger patties
10 mini hamburger buns or small dinner rolls



Combine yogurt, cheese and taco seasoning.

Cook burgers to an internal temperature of 160°F.

Top burgers (bigger burgers work just as well!)
with yogurt mixture.



- **FOOD SAFETY TIPS** - Wash hands thoroughly before starting. Start with clean utensils and work area. Be sure to keep work area clean of meat juices to prevent cross contamination. Wash hands after handling raw meat. Cook ground beef thoroughly. Check temperature of burgers. Burgers need to be cooked to 160°F. The only way to tell that burger is thoroughly cooked is to take the temperature.

Nutritional information (**topping only**):

Calories:	70.75
Total fat:	3.29g
% calories from fat:	0.42%
Calcium:	163mg