

The All American

A nod to the classic, simple, backyard cheeseburger

It occurred to me the other day, I've spent months making all of these snazzy and fancy burgers/sandwiches... but I hadn't actually made a simple, old school, classic American cheeseburger. I decided to add this burger, as a throwback to the timeless and simple burgers we all grew up with at family get togethers and backyard pool parties. Nothing fancy... just fresh tomato, lettuce, onion, American cheese, ketchup and mustard, because.... 'Muuuuurica.



Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger



*- last checked 02/14/24 -
Listed Points DO NOT INCLUDE BREAD! Use
whatever brand buns you want, then add my
points to your buns.*

Ingredients:

Burger Patties

- 3/4 lb of my "savory" ground turkey, recipe on pg. 26.
Formed into (4) 3oz patties

Ketchup:

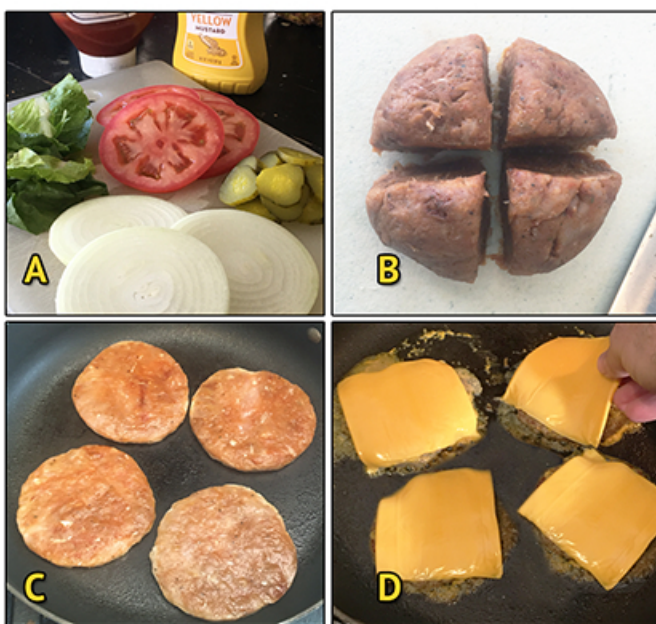
- 1/2 batch of my low point ketchup recipe. Recipe on page 19

Additional Toppings:

- 4 slices low point American cheese singles. I used velveeta originals, because everyone can find them.
- Lettuce, any variety.
- 1 tomato, sliced into rounds
- 1 onion, sliced into thin rounds.
- Dill pickle slices/chips
- Classic yellow mustard

Directions:

- 1 Prepare the batch of my low point Ketchup, set aside.
- 2 Slice and prepare the produce, set aside.



- 3 (A) Get all of your toppings ready. (B) Divide the meat into 4 sections, then form into 4 patties. Heat a pan over medium heat, till droplets of water immediately sizzle on it. (C) Spray the pan with cooking spray and fry the patties on medium high heat for 2.5 minutes. (D) Flip the patties and cook for another 1.5 minutes. Cover each patty with cheese, pour a dash of water into the pan and immediately cover it with a lid, cooking for 1 more minute, to melt the cheese. Remove patties from heat.

- 4 Toast your perfectly shaped buns (deep squats and Yoga help). Don't forget to wash and clean your lettuce. We didn't all survive "The 'Rona", just to go and get Norovirus, now, did we?



- 5 To assemble, (A) smear some ketchup and yellow mustard on the bottom bun, (B) followed by dill pickle slices. Use as many as you want. (C) Place a slice of tomato on top of the pickles, followed by some lettuce and a slice of onion. (D) Place a cheeseburger patty on top of the onion, then smear some more ketchup and mustard on the top bun. Done.

NOTES & SUGGESTIONS:

- **POINTS:** The reason this shows 2 points for a burger, is that the builder is taking into account the entire 1/2 batch of my ketchup, which has 1 point of tomato paste in it. However... in truth, you are not going to be putting 1/4 cup of ketchup onto each of these, so really, the points for the first burger should honestly be lowered by 1 point. But, count it how you want. Nobody will know.
- **CHEESE:** Though I used Velveeta Original slices for this recipe, you can use any low calorie/fat/point cheese that you want. In truth, the first burger should be 1 point lower than it shows. The recipe makes 4 burgers, so the points for ALL 4 burgers get added together, which is 6 points of cheese for all 4 burgers. If you only eat 1 single burger, that 1 single burger's filling will be 1 point. When I make this for myself, that's how I count it. 1 point, plus the bun
- **KETCHUP:** Though my low point Ketchup recipe is "rock star", you obviously can use any brand ketchup that you'd like. If you decide to use store bought ketchup, adjust your points.
- **ONION:** When I first posted this recipe 2.5 years ago, the main comment people made about it was: "OMG, Daniel!!! Why the heck do you have such a thick-🍅 onion slice!?!?!?" This was the first nice burger I'd ever made, so... I was still getting the hang of how thick to slice everything. I would hiiiiighly suggest slicing your onion thinner than I did in this pic. Unless you're making it for a date you're trying to break up with. Then, you can strategically use the uber-thick onion slice to make yourself look like you're crying as you break their heart.

