

Grilled Cheeseburgers

with Feta-Watermelon Salad & Pickled Watermelon Rind

It's grilling season, chefs! And we're kicking it off with one of our simple favorites: succulent, hearty cheeseburgers. Seasoned with mustard and topped with cheddar, these burgers are the definition of classic. To complement them, we're taking advantage of summer watermelon three ways: serving it in the salad, cutting it into wedges as a stand-alone side and even pickling the rind for a tangy, sweet, unique side. Happy Fourth, chefs!



Ingredients

9 Ounces Ground Beef
2 Sesame Seed Buns
2 Ounces Arugula
2½ Pounds Watermelon
1 Red Onion

Knick Knacks

2 Slices Cheddar Cheese
2 Tablespoons Crumbled Feta Cheese
2 Tablespoons Red Wine Vinegar
2 Teaspoons Dijon Mustard
1 Tablespoon Sugar

Makes 2 Servings
About 700 Calories Per Serving
Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Halve the buns. Peel and halve the onion; small dice 1 half and thinly slice the remaining half. Halve the watermelon. Cut 1 half of the watermelon into 4 wedges. Set aside. Using a peeler or knife, remove and discard just the outer, dark-green layer of the remaining watermelon half. Cut the watermelon half into large wedges, then cut off and reserve the pale rind of each wedge. Slice the pale rinds into 2-inch pieces; large dice the fruit.

2



Pickle the watermelon rind:

In a small pot, combine the **watermelon rind**, **vinegar**, **sugar**, a **big pinch of salt** and **½ cup of water**. Heat to boiling on high. Once boiling, reduce the heat to medium and cook, occasionally swirling the pot, 5 to 7 minutes, or until the rind is slightly translucent and slightly tender when pierced with a fork. Remove from heat and set aside to cool, leaving the liquid in pot.

3



Make the vinaigrette:

While the pickled watermelon rind cools, in a small bowl, combine the **diced onion**, **half the mustard** and **2 tablespoons of the pickling liquid**; season with salt and pepper. Slowly whisk in **2 tablespoons of olive oil** until well combined.

4



Preheat the grill & form the patties:

Preheat the grill (or broiler) on a medium-high flame. (If broiling, set a broiler pan or broiler-safe dish at least 4 inches away from the heat source. Alternatively, heat a stovetop grill pan on medium-high until hot.) In a medium bowl, combine the **ground beef** and **remaining mustard**; season with salt and pepper. Using your hands, form the mixture into two ¾-inch-thick, round patties.

5



Grill the patties & buns:

Add the **patties** to the preheated grill and cook 3 to 4 minutes per side, or until cooked to your desired degree of doneness. While the patties cook, add the **buns**, cut sides down, and toast 10 to 20 seconds, or until browned and crispy. Transfer the cooked patties and toasted buns to a plate; immediately top each patty with a **slice of cheddar cheese**.

6



Make the salad & plate your dish:

In a large bowl, combine the **arugula** and **diced watermelon**; season with salt and pepper. Add enough of the **vinaigrette** to coat the salad (you may have extra); season with salt and pepper to taste. Place a **cooked patty** onto each **toasted bun** bottom. Top with as much of the **sliced onion** as you'd like and a toasted bun top. Divide the **finished burgers** and **salad** between 2 plates. Garnish the salad with the **feta cheese**. Serve with the **watermelon wedges** and **pickled watermelon rind** on the side. Enjoy!