



# FarmFresh

## Recipes

January 2013

### Available Now...

#### Buffalo

Buffalo is a source of protein, vitamins B6 and B12, iron as well as other vitamins and minerals.



#### Fun Facts

The great American bison is the largest land mammal in North America. There are approximately 220,000 bison across the United States on public and private lands.

### Fresh Inspirations...



#### Paleo Buffalo Burger

Serves 8

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|--|---|
| 2 Lbs. Ground Buffalo                    | 1 10 oz. Can Roasted Red Peppers, drained and chopped |
| 1-1/2 Tbsp. Fresh Garlic, minced         |   |
| 1 Tbsp. Dried Italian Herbs              | 1 Egg   |
| 3 Tbsp. Olive Oil                        | Kosher Salt & Black Ground Pepper to Taste            |
| 1/2 Cup Greek Olives, pitted and chopped | 1 Head Iceberg Lettuce                                |
| 1/4 Cup Fresh Italian Parsley, chopped   | 1 Lemon   |

In a large stainless steel mixing bowl, combine the buffalo, garlic, herbs, oil, olives, parsley, peppers and egg and mix well. Divide into 8 equal burgers and set aside. Lightly spray grill with cooking spray then heat grill to high. Place the burgers on the grill and season as needed with salt and pepper. Turn burgers once to cook on both sides. Remove from the grill when cooked to desired doneness. Place onto Iceberg lettuce "buns," drizzle lightly with lemon juice and enjoy.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

### Next Month... Colorado Fish