

# INSIDE-OUT CHEESEBURGERS



## INGREDIENTS

1/4 cup shredded Cheddar cheese  
1/4 cup shredded Gruyere cheese  
1 pound 90%-lean ground beef  
1 tablespoon Worcestershire sauce  
1 1/2 teaspoons paprika  
1/4 teaspoon freshly ground pepper

## PREPARATION

Preheat grill to medium-high or preheat the broiler.  
Combine Cheddar and Gruyere in a small bowl.  
Gently mix beef, Worcestershire, paprika and pepper in a large bowl, preferably with your hands, without overworking.

Shape into 8 thin, 4-inch-wide patties. Mound 2 tablespoons of the cheese mixture on each of 4 patties, leaving a 1/2-inch border. Cover each with one of the remaining patties. Crimp and seal the edges closed.  
To grill: Lightly oil the grill rack (see Tip).

Grill the stuffed patties over medium-high heat, about 4 minutes per side for medium-well. (Be sure not to press the burgers as they cook or they'll split open and the cheese will ooze out.) To broil: Cover a broiler pan with foil and coat with cooking spray. Broil the stuffed patties in the upper third of the oven, about 4 minutes per side for medium-well. In either case, let the burgers stand for 5 minutes before serving.

ing the soil and adding harmful and unwanted pesticides to the foods that we eat.

If you think that the increase in fossil fuel consumption stops on the sprawling agribusiness so-called "farms", guess again. What about the process, which transforms food into a multicolor product to be placed on the supermarket shelf? Understand this, the more the food is processed, the more fossil fuels will have been burned to provide a food with less nutrients.

Would it not be more energy efficient to consume unrefined and unprocessed foods that are locally grown or organically grown or grown in our own backyards or our balconies or in our kitchens to provide our bodies with energy?

Most of us know that energy obtained from eating has to be burned off because an excess of energy consumed and stored in the body causes obesity and disease.

Our industrialized society utilizes energy from fossil fuels to do the work. We have created "leisure activities" (physical work which does not produce anything), like jogging, exercise spas, gyms, fitness clubs, etc., to burn unused energy. And, since we have to use the energy we consume, an alternative source we might seriously consider and not look down on, is people power, aided by appropriate and people-oriented technology.

Much of today's problems come from the under-utilization and misdirection of people's energy and over-dependence on stored energy from past generations of living entities.

Unemployment, pollution, inflation (over-consumption and underproduction), and bad health are a few obvious results of the system, which is not in harmony with the arrangements of God and nature.

To make a long story short, the story of food is the story of energy, whether we are looking at the process by which solar energy provides nutrients for the body, or how that energy, in the form of fossil fuels, is used to bring energy, in the form of food, to our tables.

So, what we'll do here is to concern ourselves with the nutritional aspects, keeping in mind that our patterns of consumption will not only affect our health, but also have much deeper and far-reaching ramifications.

— LESLIE MEREDITH