Grass Fed Beef Burgers

1 teaspoon canola oil

3/4 cup chopped onion

1/4 cup canola mayonnaise

1 teaspoon garlic powder

1 teaspoon pepper

1 pound 93% lean grass fed ground sirloin

4 cheddar cheese slices

4 whole wheat buns

4 tomato slices

4 bibb lettuce leaves

1 ounce dill pickle slices

Heat oil in skillet. Add onion and saute 5 minutes until soft and caramelized. Cool.

Add 2 T. mayonnaise, garlic powder, pepper and beef. Stir gently to combine.

Shape into 4 patties.

Grill.

Spread remaining 2 T. mayonnaise on bun. Top buns with patties.

Top each with a cheese slice, tomato slice, lettuce and a pickle.