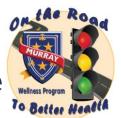


Weekly Recipe Challenge



Classic Hamburger (courtesy of Eating Well)

Slow-cooked onions add moisture and flavor to these lean beef burgers. A quick blend of mayonnaise, ketchup, relish and vinegar makes a perfect tangy, sweet and creamy "special sauce" for this burger. We love the dill relish here, but use sweet relish if you prefer it. Serve with sweet potato fries.

4 servings (2 Carbohydrate Serving) | Active Time: 45 minutes | Total Time: 45 minutes



Ingredients

- 1 medium onion, chopped
- 1 tablespoon canola oil
- 2 tablespoons ketchup, divided
- 2 tablespoons low-fat mayonnaise
- 2 teaspoons dill pickle relish
- 1 teaspoon distilled white vinegar
- 1 pound lean (90% or leaner) ground beef
- 2 tablespoons Worcestershire sauce or steak sauce
- 1/2 teaspoon freshly ground pepper
- 4 sesame-seed or other hamburger buns, toasted
- 4 slices tomato
- 4 leaves green-leaf lettuce

Tip: To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

Stovetop Variation: Coat a nonstick pan, preferably cast-iron (or a grill pan), with cooking spray and heat over medium-high heat for 1 to 2 minutes. Add burgers, reduce heat to medium and cook, 4 to 5 minutes per side.

Instructions

- 1. Preheat grill to medium-high (or see Stovetop Variation).
- Combine onion, oil and 1 tablespoon ketchup in a medium saucepan. Cover and cook over medium-high heat, stirring often, until the onion is softened, 5 to 7 minutes. Reduce heat to medium-low, uncover and cook, stirring occasionally, until very soft, 5 to 8 minutes more. Transfer to a medium bowl and let cool for a few minutes.
- 3. Combine the remaining 1 tablespoon ketchup, mayonnaise, relish and vinegar in a small bowl. Set aside.
- 4. Add beef, Worcestershire and pepper to the onion and gently combine without over mixing. Form into 4 patties, about 3/4 inch thick.
- 5. Oil the grill rack (see Tip). Grill the burgers, turning once, 4 to 5 minutes per side.
- 6. Assemble the burgers on toasted buns with the ketchup-mayonnaise sauce, tomato slices and lettuce.

Nutrition

Nutritional Information (per serving) Exchanges: 1 1/2 starch, 1 vegetable, 3 lean meat, 1 fat

- Calories 375
- Carbohydrates 31g (Fiber 2g)
- Cholesterol 71mg
- Fat 16g (5g Saturated Fat; 7g Monounsaturated)
- Sodium 536mg
- Potassium 518mg
- Protein 16g