



# Weekly Recipe Challenge



## Classic Hamburger *(courtesy of EatingWell)*

*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).
2. 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.



**Nutritional Information (per serving) Exchanges:** 1 ½ 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