

## **Cajun Cool Cheeseburgers**

SOURCE: AOL's Cooking Light- 06/06/03 - Managing Editor Maelynn Cheung

### **INGREDIENTS:**

3 tablespoons crumbled feta cheese  
3 TBS crumbled blue cheese  
1/4 C dry breadcrumbs  
1 tsp Creole seasoning (such as Tony Chachere's or Emeril's Essence)  
1/4 tsp paprika  
1/4 tsp ground red pepper  
3/4 lb ground round  
1/4 lb ground turkey breast  
Cooking spray  
4 (1 1/2-oz) whole-wheat hamburger buns  
1 C shredded iceberg lettuce  
3/4 C green onion tops, cut into 2" julienne strips

### **INSTRUCTIONS:**

Prepare grill - combine cheeses; set aside. Combine breadcrumbs + next 5 ingredients (breadcrumbs through turkey) - divide mixture into 4 equal portions, shaping each into a 1/2"-thick patty. Place patties on grill rack coated with cooking spray; grill 5 minutes on each side. Sprinkle burgers evenly with cheese mixture. Cook 1-2 minutes or till burgers are done & cheese melts. Place buns, cut sides down, on grill rack - grill 1 minute or till toasted. Place 1 patty on bottom half of each bun; top each serving with 1/4 C lettuce, 3 TBS onions + top half of bun.

YIELD: 4 servings

[NUTRITIONAL INFO: CALORIES 463 (33% from fat); FAT 17g (sat 7g, mono 5.6g, poly 2.6g); PROTEIN 33.1g; CARB 43.1g; FIBER 2.1g; CHOL 82mg; IRON 5.2mg; SODIUM 956mg; CALC 194mg]