

## Ham and Swiss-Stuffed Burgers

SOURCE: AOL's Cooking Light- 06/06/03 - Food Stylist Kellie Gerber Kelley

### INGREDIENTS:

1 TBS dried parsley  
1 TBS Worcestershire sauce  
1/4 tsp salt  
1/4 tsp garlic powder  
1/4 tsp freshly ground black pepper  
1 lb ground round  
1/2 C (2 oz) shredded Swiss cheese  
2 oz thinly sliced 33%-less-sodium smoked deli ham  
Cooking spray  
8 (1-oz) slices sourdough bread  
4 curly leaf lettuce leaves  
8 (1/4"-thick) slices red onion  
8 (1/4"-thick) slices tomato

### INSTRUCTIONS:

Prepare grill - combine first 6 ingredients. Divide mixture into 8 equal portions, shaping each into a 5" oval patty. Top each of 4 patties with 2 TBS cheese + 1/2 oz ham, leaving a 1/2" border; top with remaining patties. Press edges together to seal. Place patties on grill rack coated with cooking spray - grill 3 minutes on each side or till done. Place bread slices on grill rack; grill 1 minute on each side or till toasted. Top each of 4 bread slices with 1 lettuce leaf, 2 onion slices, 1 patty, 2 tomato slices, +1 bread slice.

YIELD: 4 servings

[NUTRITIONAL INFO: CALORIES 468 (37% from fat); FAT 19g (sat 8g, mono 7.6g, poly 1.2g); PROTEIN 35.2g; CARB 37.2g; FIBER 2.6g; CHOL 98mg; IRON 4.8mg; SODIUM 808mg; CALC 208mg]