

Skeen Burgers

SOURCE: AOL's Cooking Light - 06/06/03 - Tiffany Vickers

"This recipe, named after the North Carolina family that created it, was on our fridge for at least 10 years," notes Test Kitchen staffer, Tiffany Vickers. "My dad cooks about three things well, and this is one of them."

INGREDIENTS:

1 1/4 C crushed reduced-fat round buttery crackers (eg, Ritz; about 20 crackers)
1/2 C applesauce
1 1/2 tsp hot pepper sauce
1/4 tsp garlic powder
2 LB ground round
1 (1-oz) package onion soup mix (such as Lipton)
Cooking spray
10 (1 1/2-oz) hamburger buns
5 tablespoons ketchup
10 (1/8"-thick) slices red onion

INSTRUCTIONS:

Prepare grill - combine first 6 ingredients. Divide mixture into 10 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 or till done. Place buns, cut sides down, on grill rack; grill 1 minute or till toasted. Spread 1 1/2 tsp ketchup on each bun top - place 1 patty on bottom half of each bun; top each serving with 1 onion slice + top half of bun.

YIELD: 10 servings

[NUTRITIONAL INFO: CALORIES 335 (34% from fat); FAT 12.5g (sat 4.3g, mono 5.3g, poly 1.4g); PROTEIN 22g; CARB 32.7g; FIBER 1.8g; CHOL 62mg; IRON 3.3mg; SODIUM 691mg; CALC 63mg]