

Smothered Burgers

SOURCE: AOL's Cooking Light - 06/06/03 - Associate Food Editor Krista Ackerbloom Montgomery

INGREDIENTS:

Cooking spray	2 C vertically sliced onion
2 tsp sugar	3/4 tsp salt, divided
1/2 tsp freshly ground black pepper, divided	1 lb ground round
1 (8-oz) package pre-sliced mushrooms	2 TBS Worcestershire sauce
1/2 C (2 oz) shredded Swiss cheese	4 (1-oz) slices Texas toast

INSTRUCTIONS:

Prepare grill. Heat medium nonstick skillet coated with cooking spray over medium heat. Add onion; cover & cook 5 minutes, stirring occasionally. Add sugar, 1/4 tsp salt + 1/4 tsp pepper & cook, uncovered, 5 minutes or till tender, stirring frequently. Remove onion from pan & keep warm.

Heat pan coated with cooking spray over medium-high heat. Add mushrooms & 1/4 tsp salt; sauté 5 minutes or till tender. Combine 1/4 tsp salt, 1/4 tsp pepper, Worcestershire sauce & beef. Divide mixture into 4 equal portions, shaping each into a 1/2"-thick patty.

Preheat broiler. Place patties on grill rack coated with cooking spray; grill 5 minutes on each side or till done. Place bread on grill rack; grill 1 minute on each side or till toasted.

Arrange bread on a baking sheet. Top each bread slice with 1 patty, 1/4 C onion, 1/4 C mushrooms, & 2 TBS cheese; broil 2 minutes or till cheese melts.

YIELD: 4 servings

[NUTRITIONAL INFO: CALORIES 393 (40% from fat); FAT 17.5g (sat 7.5g, mono 6.7g, poly 1.4g); PROTEIN 31.1g; CARB 27.1g; FIBER 2.5g; CHOL 91mg; IRON 4.4mg; SODIUM 786mg; CALC 204mg]