

Kaftah Burgers (for 8)

SOURCE: AOL's Cooking Light - 06/06/03 - Julie Grimes Bottcher

Julie cites her pregnancy as the inspiration for this recipe. "I had a craving for a burger flavored with Middle Eastern seasonings but with traditional American accompaniments: mustard & dill pickles."

INGREDIENTS:

1 C finely chopped onion
3/4 C chopped fresh flat-leaf parsley
1/2 C dry breadcrumbs
1/2 C chopped fresh cilantro
1 1/2 tsp ground cumin
1 1/2 tsp ground coriander
1 1/4 tsp salt
1/2 tsp ground allspice
1 1/4 lb ground round
3/4 lb lean ground lamb
4 garlic cloves, minced
2 large egg whites, lightly beaten
Cooking spray
8 (2-oz) onion sandwich buns
8 tsp prepared mustard
16 dill pickle slices
8 curly leaf lettuce leaves
8 (1/4") slices tomato

INSTRUCTIONS:

Prepare grill - combine first 12 ingredients in a large bowl. Divide mixture evenly into 8 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 tsp mustard on each bun top. Place 1 patty on bottom half of each bun; top each serving with 2 pickle slices, 1 lettuce leaf, 1 tomato slice + top half of bun.

[NUTRITIONAL INFO: CALORIES 432 (37% from fat); FAT 17.8g (sat 7.3g, mono 6.8g, poly 2g); PROTEIN 29.8g; CARB 37.3g; FIBER 2.6g; CHOL 79mg; IRON 4.8mg; SODIUM 851mg; CALC 119mg]