



Classic Hamburgers

YIELD: 4 SERVINGS

INGREDIENTS

- 1-pound ground round
- ½ cup quick-cooking oats
- ¼ cup minced fresh parsley
- 1 tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- ½ teaspoon freshly ground pepper
- 2 cloves garlic, minced
- 1 small onion, minced (about ¾ cup)
- 1 egg white
- Cooking Spray
- 4 leaves lettuce
- 4 whole wheat rolls, split
- 8 thin slices tomato
- 4 slices purple onion, separated into rings

DIRECTIONS

1. Combine first 9 ingredients in a large bowl; stir well. Shape into 4 (1¼-inch-thick) patties.
2. Coat grill rack with cooking spray; place on grill over medium heat coals (350-400 degrees). Place patties on rack; grill covered for 5 minutes on each side or until done.
3. Place 1 lettuce leaf on bottom half of each roll; place patties on rolls. Top each patty with 2 slices of tomato and 1 slice of onion.

Baked Sweet Potato Fries

INGREDIENTS

- 2 whole sweet potatoes
- Cooking spray
- Sea salt, to taste
- Freshly ground black pepper, to taste

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Pell and slice sweet potatoes into thin (1/8 inch) strips.
3. Spread in single layer on baking sheet.
4. Spray with cooking spray (generously) and sprinkle with salt and pepper.
5. Bake for 30 minutes or until crisp!



SUPPORTED BY LELAND MEDICAL CLINIC

To view the recipe segments, please visit lelandmedicalclinic.org/deercreekdinners