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 (1/4-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!