

Sweet Potato-Pecan Burgers with Caramelized Onion

"Cooking Light Way to Cook Grilling: The Complete Visual Guide to Healthy Grilling"
www.relish.com/recipes

Servings: 6

ONIONS

1 teaspoon canola oil
3 cups onions, sliced
2 tablespoons balsamic vinegar
1 teaspoon sugar
1/8 teaspoon salt

BURGERS

2 1/2 cups sweet potatoes, peeled and cut in 1/2-inch cubes
cooking spray
2 1/2 cups onion, chopped
3 cloves garlic
1 cup regular oats
1 1/2 teaspoons ground cumin
3/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup chopped pecans, toasted
6 leaves Boston lettuce
6 (1-1/2 ounce) 100% whole-wheat or whole-grain buns
6 tablespoons chili sauce

To prepare the onions: Heat one teaspoon of oil in a large nonstick skillet over medium-high heat. Add the sliced onion to the pan. Sauté for 12 minutes or until browned, stirring occasionally.

Stir in the vinegar, sugar and the salt. Cook for 30 seconds or until the vinegar is absorbed. Remove the onion mixture from the pan. Keep warm. Wipe the pan dry with a paper towel.

To prepare the burgers: Place the potatoes in a large saucepan and cover with water. Bring to a boil. Reduce the heat and simmer for 15 minutes or until tender. Drain.

Heat a large nonstick skillet over medium-high heat. Coat the pan with cooking spray. Add the chopped onion and garlic to the pan. Sauté for 5 minutes or until tender.

Place the potato, chopped onion mixture, oats, cumin, 3/4 teaspoon of salt and the pepper in a food processor. Process until smooth.

Place the potato mixture in a bowl. Stir in the nuts. Divide the potato mixture into six equal portions, shaping each portion into a 1/2-inch patty.

Heat a grill pan over medium-high heat. Coat the pan with cooking spray. Add the patties to the pan. Cook for 4 minutes or until browned. Carefully turn the patties over. Cook for 3 minutes or until browned.

Place one lettuce leaf on the bottom half of each bun. Top each with one patty, one tablespoon of chili sauce, about three tablespoons of the onion mixture and the top halves of the buns.

Per Serving (excluding unknown items): 320 Calories; 10g Fat (27.0% calories from fat); 10g Protein; 51g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 334mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 3 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.