

Halfway Hamburgers

Ingredients:

1/4 teaspoon light olive oil
1 & 1/2 cups chopped onion
2 Cloves garlic, peeled, bashed & chopped
1 tablespoon curry powder
1/4 cup raisins
1 tablespoon freshly squeezed lemon juice
2 tablespoons chopped parsley
1 cup cooked brown rice
8 ounces leanest ground beef
1 teaspoon light olive oil
4 teaspoons Dijon mustard
4 whole-wheat hamburger buns
1 large tomato
4 lettuce leaves
2 teaspoons vinaigrette salad dressing

Directions

To the sautéing onions, add ground beef, cooked brown rice, curry powder, some raisins (just to add a little sweet touch), parsley, garlic, lemon juice.

When sautéed together and mixed well, put mixture in a blender or food processor. Make patties out of the mixture, brown on both sides and serve on a wholewheat bun with Poupon mustard and just a touch of vinaigrette over the top of the salad.