

Devin Alexander's "Almost Fast Food Burger"

Devin notes: "This burger is much, much leaner than any you're likely to find at a fast food restaurant, but the sauce makes it taste so reminiscent of them. I often make this burger in a low-carb tortilla instead of using the bun and I always add a few more pickles. If you're watching your sodium closely, you may not want to stick to it "as is" below."

- 1 tablespoon low-fat mayonnaise
- 1/2 teaspoon ketchup
- 1/2 teaspoon yellow mustard
- 4 ounces 96% lean ground beef
- 1 whole wheat hamburger bun
- 1 slice (3/4 ounce) fat-free American cheese (optional)
- 1/4 cup chopped romaine lettuce leaves
- 1 very thin sliced onion
- 3 dill pickle rounds

In a small bowl, combine the mayonnaise, ketchup, and mustard. Stir to mix. Set aside. Shape the beef into a patty that is about 1/2" wider than the bun.

Preheat a medium nonstick skillet or grill rack on high heat. Place the patty on the pan or grill. Cook for 1 to 2 minutes per side, or until desired doneness is reached. (Do not smash the burger with the spatula.) About 30 seconds before the burger is cooked, top with the cheese, if desired.

Place the bun halves, cut sides down, on the pan or grill. Cook for about 45 seconds, or until toasted.

Place the bun bottom on a serving plate. Top with the patty, lettuce, onion, and pickles. Spread the reserved sauce evenly over the inside of the bun top. Flip onto the burger.

Makes 1 burger.

Per serving: 281 calories, 26 g protein, 27 g carbohydrates, 9 g fat, 2 g saturated fat, 1 g polyunsaturated fat, 3 g monounsaturated fat, 60 mg cholesterol, 4 g fiber, 736 mg sodium