

Cheeseburger with Fries



main meals

Was **POINTS**® Value: 0
Now **POINTS**® Value: 8
Servings: 2
Preparation Time: 25 min
Cooking Time: 45 min
Level of Difficulty: Easy

Fast food gets a face-lift in this recipe renovation. With a few ingredient switches and creative cooking techniques, we remade Cheeseburger with Fries for nearly half the calories and fat.

Ingredients

2 medium potato(es), about 3/4 lb
1/4 tsp cayenne pepper
1/2 tsp kosher salt
6 oz raw extra lean ground beef
1 small onion(s), red, finely chopped
1 medium garlic clove(s), crushed
2 tbsp parsley, flat-leaf, finely chopped
3 tbsp dried bread crumbs
1 medium egg white(s), beaten lightly
2 item(s) high-fiber roll(s), 2 oz each
4 piece(s) lettuce
1 medium tomato(es), sliced
3 tbsp low-fat shredded cheddar cheese

Instructions

Preheat oven to 450°F. Coat a baking sheet with cooking spray.

Cut potatoes into wedges; boil, steam or microwave until tender. Place wedges, skin side down, on prepared baking sheet; sprinkle with combined pepper and salt. Bake until lightly browned and crispy, about 30 minutes.

Combine beef, onion, garlic, parsley, breadcrumbs and egg white in a small bowl; shape into 2 patties.

Cook patties in a nonstick pan over medium heat, turning once, until browned and cooked through. Top each patty with 1 tablespoon cheese, place on baking sheet and bake in already heated oven until cheese is melted.

Place patties on rolls and top with lettuce and tomato. Serve with potato wedges.

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