

Kim's Cranberry Jalapeño Burgers with Low-Fat Chipotle Mayo

Kim is an MS LifeLines® Ambassador and is sponsored by EMD Serono, Inc and Pfizer Inc

Ingredients:

- 16 ounces lean ground beef, no more than 90% lean
- 1/2 cup dried cranberries, chopped
- 1/2 cup dry whole-wheat breadcrumbs
- 1 clove garlic, minced
- 2 jalapeño peppers, minced
- 1 tablespoon balsamic vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon Reduced Sodium Worcestershire sauce
- 1/2 teaspoon salt-free seasoning
- 1/4 teaspoon freshly ground pepper
- 4 thin whole-wheat buns, split
- 1 sweet onion, or red onion
- 1 red bell pepper
- 1 avocado
- 4 lettuce leaves
- 1 cup Reduced fat Mayo
- 1 can chipotle chilies in adobo sauce
- 1 bunch fresh cilantro
- 1 lime

Instructions:

1. Spray the grill rack with non-stick spray (Do not spray grill rack when hot).
2. Preheat grill.
3. Place beef in a large bowl and gently mix in jalapeños, cranberries, breadcrumbs, garlic, vinegar, mustard, Worcestershire sauce, salt-free seasoning and pepper until combined. Divide into 4 equal portions and form into 1/2-inch-thick patties.
4. Grill the patties until browned and an instant-read thermometer inserted into the center registers 160°F, 5 to 6 minutes per side.
5. Toast whole wheat buns if desired.
6. Serve with your favorite accompaniments or garnishes.

Low Fat Chipotle Mayo

Ingredients:

- 1 cup low-fat mayonnaise
- 2 chipotles in adobo sauce
- 1 tablespoon adobo sauce
- 1/2 lime, juice
- Salt free seasoning and freshly ground black pepper

Instructions:

1. Add all the ingredients to a bowl and mix until well blended.

MS LifeLines is an educational support service for people living with MS and their families, and is sponsored by EMD Serono, Inc. and Pfizer Inc. MS LifeLines is a registered trademark of EMD Serono, Inc. or its affiliates. MS in Balance Your Life in Full is a service mark of EMD Serono, Inc. or its affiliates. MS LifeLines Ambassadors are sponsored by EMD Serono, Inc. and Pfizer Inc.