

Caesar Burgers and Skinny Oven Sweet Potato Fries

Caesar Burgers

- 1 1/2 lb lean ground beef
- 1/2 c freshly grated Parmigiano-Reggiano
- zest of 1 lemon
- 2 T each [anchovy paste](#), Worcestershire, lemon juice
- 1 large egg, beaten
- 2 scallions, minced
- 1/4 c breadcrumbs
- 1 t Herbamare salt
- 1/4 t freshly ground black pepper
- 3 cloves garlic, minced
- 4 buns, halved
- garnish: lettuce, tomato, thinly sliced onion, [crispy bacon](#)

In a large bowl, combine all ingredients except for bun and garnish. Shape into 5 patties. Broil or grill burgers and serve on toasted buns with garnish and **Skinny Oven Sweet Potato Fries**.

Skinny Oven Sweet Potato Fries

- 3 sweet potatoes, peeled and sliced into 1/3-inch thick stick shape
- 1 T olive oil
- 2 t each paprika, sumac
- 1 T Herbamare sea salt

Preheat oven to 420F. In a large baking pan, coat fries in all ingredients, mixing well, then spread in a single layer. Roast or bake for about 20 minutes or until cooked through and golden.