



Photo: Mitch Mandel

Sexy Joes

From "The Biggest Loser Cookbook"

From the time I was very young, I've been a huge fan of sloppy joes. This one is much leaner than most, and it's one of my all-time favorite versions. I prefer making this recipe with chicken over turkey, though both will work. If you have trouble finding extra-lean ground chicken, ask your butcher to grind chicken breasts for you. I've found that butchers at most major grocery stores will happily do it at no extra charge. Chicken breasts tend to cost less per pound than extra-lean ground chicken or turkey, so you may even save a few dollars.

- 1 pound extra-lean ground chicken
- 1 tablespoon white vinegar
- 2 teaspoons Worcestershire sauce
- 1-1/2 teaspoons honey
- 1/2 teaspoon hot-pepper sauce
- 2/3 cup chopped yellow onion
- 1/3 cup chopped green bell pepper
- 3/4 cup low-sodium tomato sauce
- 3/4 cup chili sauce
- 1/4 teaspoon chili powder
- 4 whole-grain or whole-wheat hamburger buns

Mist a medium nonstick skillet with olive oil spray and set it over medium-high heat. Add the chicken. Cook, stirring with a wooden spoon, breaking into large chunks, for 4 to 6 minutes, or until no longer pink.

Meanwhile, in a small bowl, combine the vinegar, Worcestershire, honey, and hot-pepper sauce. Whisk to blend. Set aside.

Drain off any liquid that has accumulated in the pan. Add the onion, bell pepper, tomato sauce, chili sauce, chili powder, and the reserved vinegar mixture to the pan. Stir to blend. Bring the mixture to a boil then reduce the heat so mixture simmers. Cook for 20 minutes, or until the mixture is thickened.

Spoon the mixture equally onto the opened buns. Serve immediately.

Makes 4 servings

Per serving: 331 calories, 31 g protein, 43 g carbohydrates, 4 g fat (less than 1 g saturated), 66 mg cholesterol, 5 g fiber, 876 mg sodium

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