

Chili Burgers

Try these patties on whole wheat buns with sliced tomato, onion, and well-drained fresh salsa.

1/2 pound extra lean ground sirloin
1/2 cup canned fat-free refried beans
2 Tbsp. onion, finely chopped
1 garlic clove, minced
1 jalapeno chile, seeded and minced
2 tsp. chili powder
1/2 tsp. salt
1/8 tsp. freshly ground black pepper

In a bowl, lightly mix together the meat and beans with a fork until well combined. Mix in the onion, garlic, jalapeno, chili powder, salt and pepper. Gently form the mixture into four 4-inch patties. Coat a large nonstick skillet with canola oil spray and place over medium heat. Cook the burgers, turning them once, about 5 to 7 minutes per side or until a meat thermometer inserted in their centers registers 160 degrees F. The burgers crumble easily, so handle them carefully, using a wide spatula. [Note: Wear rubber gloves to handle fresh chiles, and keep your hands away from your eyes.]

Makes 4 servings. Per serving, 95 calories, 3 g total fat, 6 g carbohydrates, 13 g protein, 2 g dietary fiber, 444 mg sodium.

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