



Chili Burgers

From The New American Plate

½ pound extra-lean ground sirloin
½ cup canned fat-free refried beans
2 tablespoons onion, finely chopped
1 garlic clove, minced
1 jalapeno chile, seeded and minced*
2 tablespoons chili powder
½ teaspoon salt
1/8 teaspoon freshly ground black pepper
Canola Oil Spray

* Wear rubber gloves to handle fresh chiles, and keep your hands away from your eyes

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 into their centers registers 160 degrees. The burgers crumble easily, so handle them carefully, using a wide spatula. Serve immediately.

Makes 4 servings

Per Serving:

95 Calories

3g Total Fat (1g Saturated Fat)

6g Carbohydrates

13g Protein

2g Dietary Fiber

444mg Sodium