

SOUTHWEST CHEESEBURGERS

Total preparation and cooking time: 25 to 30 minutes

1 pound ground beef (75% to 80% lean)
1/4 cup finely chopped green onions
1/2 teaspoon ground cumin
Salt and pepper
4 hamburger buns, split, toasted
1/4 cup shredded Mexican cheese blend
1/2 cup chopped tomato

1. Combine ground beef, green onions and cumin in medium bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.
2. Place patties on grid over medium, ash-covered coals. Grill, uncovered, 11 to 13 minutes to medium (160°F) doneness, until no longer pink in center and juices show no pink color, turning occasionally. Season with salt and pepper, as desired.
3. Place burger on bottom of each bun; top with cheese and tomato. Close sandwiches.

Makes 4 servings.

Cook's Tip: *To broil, place patties on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 10 to 12 minutes to medium (160°F) doneness, until not pink in center and juices show no pink color, turning once.*

Nutrition information per serving: *381 calories; 19 g fat (8 g saturated fat; 7 g monounsaturated fat); 83 mg cholesterol; 313 mg sodium; 23 g carbohydrate; 1.4 g fiber; 28 g protein; 6.3 mg niacin; 0.4 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 3.8 mg iron; 26.8 mcg selenium; 5.8 mg zinc.*

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.